
Competency Statements for Coach Accreditation

TRAMPOLINE SPORTS – LEVEL 2

BASIC TWISTING

Learning Outcomes:

- On successful completion of this unit the coach will be able to:
- identify the key components of each twisting somersault skill and deduce why these components are important to the skill
- identify and teach the correct progressions for basic twisting somersaults
- demonstrate the use of correct and safe spotting techniques
- determine which way athletes twist in somersaulting skills
- apply a repertoire of coaching techniques and tools to facilitate variety in training techniques.
- differentiate between the use of drills to develop physical abilities(strength) and technique(skills).
- determine the key elements of each drill and explain why they are done.

Assessment Tasks:

- Coaches will be assessed via:
- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

TRAINING PROGRAMS

On successful

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- analyse the components of a yearly training cycle
- investigate a variety of methods to develop a training program
- deduce a variety of ways of monitoring a training program
- design a yearly training program

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- The Major Assignment

DOUBLE MINI TRAMPOLINE

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- identify the correct progressions and drills and relate why these components are important to the skill
- identify and teach the correct progressions for skills and passes (combinations of skills)
- demonstrate the use of correct and safe spotting techniques
- apply a repertoire of coaching techniques and tools to facilitate variety in training techniques.
- differentiate between the use of drills to develop physical abilities(strength) and technique(skills).
- determine the key elements of each drill and explain why they are done.

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- The Major Assignment

ROUTINE CONSTRUCTION AND LINKING SKILLS

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- design routines specific to individual athlete needs
- construct a routine that flows and meets satisfies competition requirements

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- The Major Assignment

FORWARD DOUBLE SOMERSAULTS

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- identify the key components of each forward double somersaulting skill and

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deduce why these components are important to the skill

- identify and teach the correct progressions for double somersaults
- demonstrate the use of correct and safe spotting techniques
- apply a repertoire of coaching techniques and tools to facilitate variety in training techniques.
- differentiate between the use of drills to develop physical abilities(strength) and technique(skills).
- determine the key elements of each drill and explain why they are done.

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

BACKWARD DOUBLE SOMERSAULTS

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- identify the key components of each backward double somersaulting skill and deduce why these components are important to the skill
- identify and teach the correct progressions for double somersaults
- demonstrate the use of correct and safe spotting techniques
- apply a repertoire of coaching techniques and tools to facilitate variety in training techniques.
- differentiate between the use of drills to develop physical abilities(strength) and technique(skills).
- determine the key elements of each drill and explain why they are done.

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

COMPETITION READINESS

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- extrapolate /differentiate between competition rules and requirements
- formulate methods of empowering athletes to achieve personal best performances

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

TRAINING AIDS

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- analyse skills to formulate 'ideal models'
- identify communication tools to enhance skill learning
- make use of training aids to enhance skill learning

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

TUMBLING 1

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- identify the key components of specific skills (flics and single somersaults)and deduce why these components are important to the skill
- identify and teach the correct progressions for these skills
- demonstrate the use of correct and safe spotting techniques
- make use of specific training aids (airboards) to enhance skill learning
- apply a repertoire of coaching techniques and tools to facilitate variety in training techniques.

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- differentiate between the use of drills to develop physical abilities(strength) and technique(skills).
- determine the key elements of each drill and explain why they are done.

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

TUMBLING 2

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- identify the key components for advanced tumbling skills and deduce why these components are important to the skill
- identify and teach the correct progressions for these skills
- demonstrate the use of correct and safe spotting techniques
- apply the correct techniques to successfully link skills to satisfy competition requirements
- apply a repertoire of coaching techniques and tools to facilitate variety in training techniques.
- differentiate between the use of drills to develop physical abilities(strength) and technique(skills).
- determine the key elements of each drill and explain why they are done.

Assessment Tasks:

Coaches will be assessed via:

- involvement in practical workshops, group discussions, simulation tasks etc
- completion of any home study and course worksheets housed in the Level 2 Coaching Course folder.
- supervised coaching practice including the Practical Assessment section.
- the Major Assignment

SOMERSAULTING FROM THE FRONT & BACK

Learning Outcomes:

On successful completion of this unit the coach will be able to:

- Identify the key components of each of the major somersaults that are initiated from either a front or back drop

- Use progressions and drills to teach somersaulting skills from a front or back drop initiation
- Demonstrate the correct use of spotting techniques
- Apply a repertoire of coaching techniques to accommodate a range of faults that can arise in athlete performance of these skills

Assessment Tasks:

Coaches will be assessed via:

- Involvement in practical workshops, group discussions and simulation tasks
- Completion of any home study and course worksheets housed in the Level 2 Coaching Course folder
- Supervised coaching practice including the Practical Assessment section
- The major assignment