

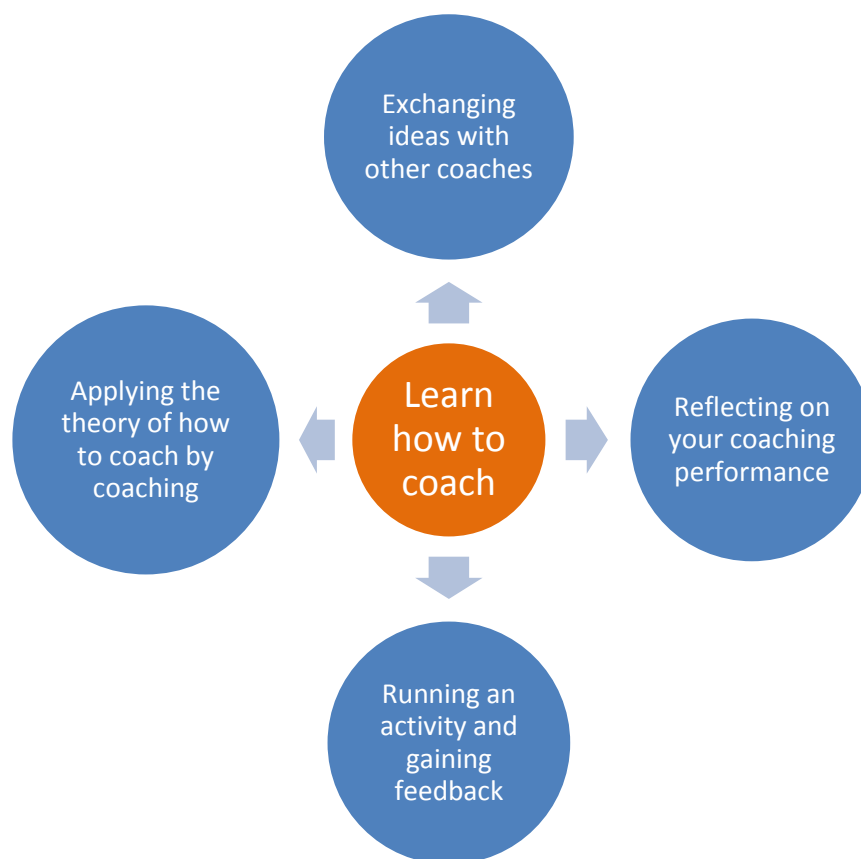
## Beginner Coaching Course – Online Content

Topic title	Content
Gymnastics Coaching In Australia	<p>This section provides an overview of how gymnastics coaching operates in Australia, who the main stakeholders are, and the role of Gymnastics Australia. It includes reference to:</p> <ul style="list-style-type: none"> <li>• The National Coaching Accreditation Scheme</li> <li>• National Sporting Organisations</li> </ul>
The Beginner Coach	<p>This section introduces the roles and responsibilities of a Beginner Coach. It includes reference to:</p> <ul style="list-style-type: none"> <li>• The different roles that a coach plays</li> <li>• Where to find information about coaching</li> <li>• Responsibilities of a Beginner Coach</li> <li>• Coaching with a Supervisor</li> </ul>
Legal Responsibilities of a Beginner Coach	<p>This section explains the responsibilities of a Beginner Coach, such as determining risks and hazards, knowing about duty of care and who to ask for assistance. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Legal responsibilities</li> <li>• The Coaches' Code of Ethics</li> <li>• Member Protection Policy</li> </ul>
Coaching Styles	<p>This section discusses the types of coaching styles that can be used and helps you determine which style is appropriate in various situations.</p>
Inclusion	<p>This section introduces the idea of inclusion, the reasoning behind inclusion and provides information on how inclusive practices can be incorporated into sessions.</p>
Growth and Development of Your Participants	<p>This section introduces the stages of growth and development of participants and what this means for a coach. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Coaching beginner participants</li> <li>• Coaching children</li> <li>• Coaching those with low fitness levels</li> <li>• The social benefits of children participating in gymnastics</li> <li>• Competition and children's sport</li> </ul>
Your Participants' Learning	<p>This section covers stages of learning and the importance of providing appropriate activities to their development stage, as well as incorporating different learning styles to meet individual learning needs.</p>

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Communication to Improve Learning	<p>This section considers methods of communication to support learning. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Types of communication</li> <li>• Active listening</li> <li>• How to give good feedback</li> </ul>
Group Management	<p>This section supports a coach to manage a group. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Managing a group for the first time</li> <li>• Engaging the participant</li> <li>• Managing a disruptive participant</li> </ul>
Working with Your Support Network	<p>This section covers the support network available to a coach and how to best work with them.</p>
Safety	<p>This section outlines the role the Beginner Coach plays to ensure participants are safe at all times. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Safety in the gym</li> <li>• Safety of participants</li> <li>• Risks and hazards</li> <li>• Managing an incident</li> </ul>
Planning and Conducting Your Gymnastics Session	<p>This section introduces planning a gymnastics lesson. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Setting goals</li> <li>• The lesson plan</li> <li>• Preparing the participants</li> <li>• Warm-up</li> <li>• Cool-down</li> </ul>
Components of Fitness for Gymnastics	<p>This section introduces the importance of including fitness elements into a gymnastics session. It includes reference to:</p> <ul style="list-style-type: none"> <li>• Endurance</li> <li>• Strength</li> <li>• Flexibility</li> </ul>
Teaching Gymnastics	<p>This section covers the fundamental aspects of gymnastics. It includes:</p> <ul style="list-style-type: none"> <li>• The 4F's philosophy</li> <li>• Hand apparatus</li> <li>• Key coaching points</li> <li>• Dominant Movement Patterns</li> <li>• Working with objects</li> <li>• Fundamental shapes</li> <li>• Movement principles</li> </ul>

## Beginner Coaching Course – Face to Face Course Content

In a Gymnastics Australia Beginner or Intermediate Coach Accreditation course, you will learn how to coach.



Topic title	Content
Session 1	Safety in the gym Warm-ups and the application of the 4 F's The lesson plan
Session 2	Physical fitness and conditioning, and the 4F's Introduction to developing physical fitness components Teaching gymnastics elements – the DMP approach Teaching gymnastics elements – skill analysis
Session 3	Planning and cool-down Planning, finalisation and review