

ACROBATIC GYMNASTICS – LEVEL 2 COACH – SAMPLE PAPER

- This is a sample paper only.
- Normally there would be 20 questions similar to those shown below with 1 mark allocated to each question.
- Twelve correct answers (or more) will gain a pass (60%)
- The candidate marks their answer sheet crossing the answer of their choice, a,b,c,d.
- The candidate is allowed 45 minutes for the paper.
- There will be 2 or 3 questions under each of the headings shown.

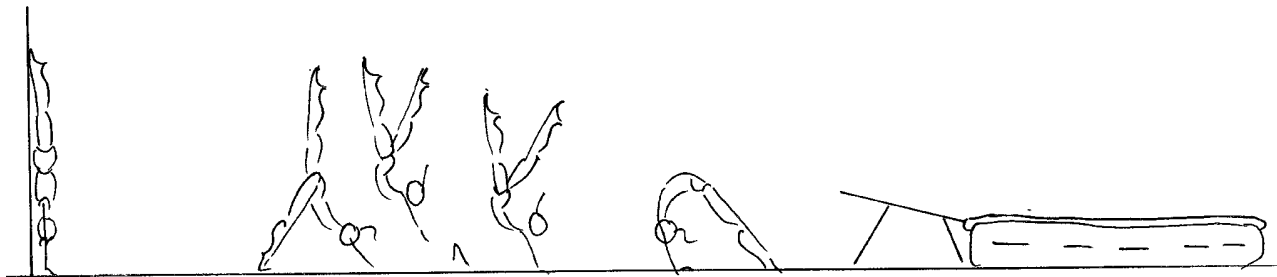
Q1 BIOMECHANICS

One statement is incorrect

- The centre of mass can be raised within the body by raising the arms above the head.
- Stability is affected by height of C of M from the floor and the area of support base
- Throughout the handspring, the gymnast rotates about the C of M only.
- During the straddle jump from start to finish the C of M will move from within the body to outside the body and back again.

Q2 HEALTH & SAFETY

One of the following preparations/set ups **as shown** could be damaging to the gymnast.



a

b

c

d

a. handstand against the wall.

b. handstand hops

c. bridge

d. apparatus for learning a back flip

Q3 PHYSICAL PREPARATION



The exercise shown above is good physical preparation for the:

- Backward roll to handstand
- Handstand to bridge
- Wine glass.
- Forward turnover

Q4 DANCE & CHOREOGRAPHY

One statement is incorrect: In a full spin on floor the gymnast

- a. Should hold the arms out to the horizontal throughout.
- b. Should be on the ball of the foot throughout the spin and lower the heel on completion
- c. Should keep the shoulders down throughout.
- d. May hold the leg to the back throughout.

Q5 TECHNIQUE

One statement is **incorrect**. In the back flip the gymnast

- a. Must be straight in 1st flight and piked in 2nd.
- b. Must push off the hands when passing through the handstand phase
- c. Must be off balance backwards if moving into another backflip.
- d. Should place the hands when in support slightly turned inwards or parallel.

Q6 METHOD

A good progression for a supported dive roll is for the top

- a. to jump to front lying from spring board to a pile of safety mats.
- b. To forward roll onto a platform
- c. To jump to handstand on a pile of safety mats.
- d. To dive roll over a pile of safety mats.

Q7 JUDGING

To be eligible to compete in the NDP6 Finals a gymnast must

- a. be at least 9 on the day of the competition final
- b. be at least 9 on 1st September in the year of competition
- c. be at least 9 on 31st December in the year of competition
- d. be at least 9 on 1st January in the year of competition

(1. c) (2. b) (3. b) (4. a) (5. a) (6. a) (7. c)