

Aerobic Gymnastics Sample paper LEVEL 2

- 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**

- a) The centre of mass can be raised within the body, by raising the arms above the head.
- b) Stability is determined by height of C of M from the floor and the amount of surface support
- c) Throughout the free fall airborne, the gymnast rotates about the C of M only.
- d) During the cossack jump the position of the C of M will change within the body

Q2 HEALTH & SAFETY

One statement is **incorrect**.

- a) The aerobic gymnast must warm up well before training sessions
- b) Passive and active stretching are recommended.
- c) Isometric work is important at this level.
- d) A straddle fold can be improved by a partner bouncing the back down towards the floor

Q3 PHYSICAL PREPARATION

One statement is **incorrect**

In order to perform a balance turn with 1/1 turn the gymnast should

- a) Strengthen the calf muscles in order to maintain the position on the ball of the foot.
- b) Increase range of movement in the hip joint.
- c) Increase cardio vascular endurance
- d) Improve isometric strength in legs.

CHOREOGRAPHY

One statement is **incorrect**

- a) A kick can be performed as a low impact move
- b) In a lunge the feet should be turned outwards
- c) In the basic steps, the spine should be in alignment
- d) In the jog the heel is raised to the gymnast's backside.

Q5 TECHNIQUE

One statement is **incorrect**

- a) In a split through pancake the gymnast must pass through a complete split
- b) In a frontal balance free support the leg can be raised with the support of the hand
- c) The position of the arms is optional in a 1/1 turn.
- d) In the hitch kick the lead leg bends at the knee.

Q6 METHOD

One statement is **incorrect**

In preparation for a plio push up airborne

- a) The gymnasts must learn a front support action.
- b) The gymnast must be able to bend and straight arms in front support.
- c) The gymnast must do a lot of isometric for mid body.
- d) The gymnast must practise tuck jumps.

Q7 JUDGING

One statement is **incorrect**

- a) The maximum deduction for timing is 0.5
- b) The maximum deduction for an element is 0.5
- c) The maximum deduction for synchronisation is 0.5
- d) The deduction for a fall is 0.5

Answers: 1d, 2c, 3c, 4b, 5b, 6d, 7c