



BRITISH GYMNASTICS COACHING QUALIFICATIONS
LEVEL 3 CLUB COACH – ACROBATIC GYMNASTICS
Sample Paper with answers

- Each paper will be out of 60. Marks awarded will be shown in the margin.
- There will be 2 or 3 questions under each heading as shown on this sample paper.
- Answers are to be done on the question sheet in the space provided.
- Pass mark is 60% (36/60)
- The candidate must write their name at the top of the question/answer sheets.

A: Age and Stage of Maturation

Q1: What 3 factors would you take into account when training under eights.

1.
2.
3.

Marks

3

B: Identification and Development of Talent

Q2: List 3 physical attributes that you consider important when assessing a gymnast for talent in as a top in acrobatic gymnastics.

1.
2.
3.

3

C: Biomechanics

Q3: In a 5/4 somersault from platform to cradle the top extends into the somersault and then tucks. In mechanical terms this tucking action which causes

As the top extends the body for the cradle catch, rotation is
The bases catch with one arm under upper thigh and one arm on lower back. This is biomechanically sound because they are catching either side of.....

4

D: Judging

Q4:

a) What is the final score for a Women's Pair with the following marks:

Artistry: 8.2, 8.4, 8.0, 8.6
Technical: 8.9, 9.0, 9.2, 9.6
Difficulty: 9.8

2

b) What is the CJP penalty if a Trio at NDP Grade 3 attempts to perform pitch from platform to re-catch, but fails to make the catch?

E: Physical Preparation

Q5: List 3 physical attributes that you would expect to see in a gymnast for the performance of the good backflip.

1.....

2.....

3.....

Marks**3****F: Technique**

Q6: Give 3 points of technique for bases when using a platform to pitch and re-catch the top.

1.....

2.....

3.....

3**G: Teaching Method**

Q7: Give 3 progressions for the teaching of a foot pitch to courbette (reverse handstand)

1.....

2.....

3.....

3**ANSWERS**

In some instances a question will have several possible answers, more than is requested

A: Age and Stage of Maturation

Q1: What 3 factors would you take into account when training under eights.

1. *Concentration levels will be low so lessons or activities should be short.*
2. *Bones are not fully ossified, don't overload gymnasts.*
3. *Levels of maturity regarding behaviour may vary greatly.*
3. *Work on basic shaping and conditioning at this age.*
4. *Activities to be fun to attract them to the sport.*
5. *Will be mainly visual or kinaesthetic learners so use practical demonstrations or support shaping rather than verbal explanations*

B: Identification and Development of Talent

Q2: List 3 physical attributes that you consider important when assessing a gymnast for talent as a top in acrobatic gymnastics.

1. *A good degree of suppleness.*
2. *Coordination.*
5. *A good line (knee and ankle extension).*
6. *Ectomorph (body type) small frame*
7. *Good basic fitness levels of endurance*

C: Biomechanics

Q3: In a 5/4 somersault from platform to cradle the top extends into the somersault and then tucks. In mechanical terms this tucking action *reduces the moment of inertia* which causes *the rotation to speed up*

As the top extends the body for the cradle catch, rotation is *slowed down*

The bases catch with one arm under upper thigh and one arm on lower back. This is biomechanically sound because they are catching either side of *the centre of mass*

D: Judging**Q4:**

- a) What is the final score for a Women's Pair with the following marks?
 Artistry: 8.2, 8.4, 8.0, 8.6
 Technical: 8.9, 9.0, 9.2, 9.6
 Difficulty: 9.8

Answer: 27.20

- b) What is the CJP penalty if a Trio at NDP Grade 3 attempts to perform pitch from platform to re-catch, but fails to make the catch?
minus the difficulty value of the element

E: Physical Preparation

Q5: List 3 physical attributes that you would expect to see in a gymnast for the performance of the good backflip.

1. *Being able to fix arch and dish shape.*
2. *Good body tension*
3. *Strong legs for jumping.*
4. *Strength in shoulder girdle*
5. *Core stability and strength*

F: Technique

Q6: Give 3 points of technique for bases when using a platform to pitch and re-catch the top.

- i. *Make sure platform is level.*
- ii. *pitch to the level of the shortest base.*
- iii. *Bend of the knees for base should synchronise with bend of top.*
- iv. *Bases should re-catch top at highest point possible with an even platform.*
- v. *Platform must be level at point of catch, only reaching as high as shortest base.*
- vi. *Bend of knees of bases must be synchronised with one another and with that of the catch.*

G: Teaching Method

Q7: Give 3 progressions for the teaching of a foot pitch to courbette (reverse handstand)

- i. *Strong handstand*
- ii. *Jump to handstand from standing on padded surface.*
- iii. *Jump to handstand from trampette to padded box or foam block Coach assists.*
- iv. *Jump to handstand from trampette to platform box alone.*
- v. *Step from apparatus to handstand on partners' hands with support/without support.*