

**PAPER 2 SAMPLE +
ANSWERS**
BRITISH GYMNASTICS COACHING QUALIFICATIONS
LEVEL 2 COACH – COMMON CORE SAMPLE PAPER
Instructions to candidates:

- 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) gain a pass (60%)
- The candidate marks their answer sheet, crossing the answer of their choice a,b,c,d
- There will be 2 or 3 questions under each of the headings shown
- Choose the best answer for each question

A: Ethics & Coaching Responsibilities

Q1: One statement regarding child protection is **incorrect**:

- a) British Gymnastics has developed a child protection policy
- b) British Gymnastics' child protection policy is recommended for use in all gym clubs
- c) The BG child protection policy can be downloaded from the British Gymnastics website
- d) All BG coaches are required to complete an enhanced CRB disclosure or similar in Home Nations

B: Safety in Coaching

Q2: One statement regarding your responsibility for safety in the gym is **incorrect**:

- a) Gymnastic apparatus should be checked at all times
- b) In the interests of safety, jewellery should not be worn
- c) Broken apparatus may be stored at the side of the gym
- d) If any apparatus is damaged or seen to be faulty, it should be reported to the club coach immediately.

C: Session Planning

Q3: One statement is **not** good practice: When planning a session, the coach should take into consideration:

- a) The age of the gymnasts
- b) The duration of the session
- c) The level of performance or capabilities of the gymnasts
- d) The aims or aspirations of the coach

D: Session Delivery

Q4: One statement is **incorrect**: When delivering a new skill, the coach should:

- a) Prepare the gymnast physically for the task to come
- b) Teach the whole skill to one gymnast first
- c) Make sure that he/she has progressions planned that lead to the skill
- d) Take each stage slowly/check that the gymnasts have mastered the first stage before moving on to the next.

E: Physical and Psychological Development of the child

Q5: One statement regarding the psychology of the child/gymnast is ***unlikely***:

- a) Young gymnasts are usually very keen to learn and to please
- b) Most gymnasts like to be praised for good work
- c) Some teenagers can relate better to their coach than they do to their parents
- d) As girls reach puberty, so they can develop emotional problems: this is not the case with boys.

Answers:

1b 2c. 3d. 4b. 5d