

Candidate Name: _____ Raw Score: _____ % _____ Pass/Fail

BRITISH GYMNASTICS COACHING QUALIFICATIONS**LEVEL 3 CLUB COACH – COMMON CORE THEORY****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 will be 60% (36/60)

A: Ethics Coaching Responsibilities

Q1: Give three examples of inappropriate dress for a coach. State why each is inappropriate.

1st example

Why inappropriate

2nd example

Why inappropriate

3rd example

Why inappropriate

B: Safety in Coaching

Q4: Give two examples of wear and tear of a mat which would make you consider its withdrawal from use.

1.

2.

C: Planning

Q7: Describe three factors from outside the gym which may affect a gymnast's performance.

1.

.

2.

.

3.

.

D: Manage & Develop Coaching Practice

Q10: Give two personality traits that should be seen in a good coach.

1.

2.

E: Factors Influencing Learning

Q14: Fear is a barrier to learning. Give two possible causes of fear and outline how you would overcome them.

1st cause

Solution

2nd cause

Solution

F: Anatomy

Q16: Muscles have different roles to play during body movement. One role is to act as an agonist. Name two other roles a muscle might play.

1.

2.

ANSWERS**A: Ethics Coaching Responsibilities**

Q1: Give three examples of inappropriate dress for a coach. State why each is inappropriate.

1st example *Long hair.*

Why inappropriate *Blocks the coach's view, can be a safety hazard. A distraction for the coach*

2nd example *Jeans*

Why inappropriate *May restrict the movement of the coach. Gives out the wrong message to parents, gymnasts and the public.*

3rd example *Jewellery*

Why inappropriate *Can be a safety hazard. Sets a bad example to the gymnasts, may think they can do the same.*

B: Safety in Coaching

Q4: Give two examples of wear and tear of a mat which would make you consider its withdrawal from use.

1. *Canvas is ruckled or torn*

2. *Lost its square corners so doesn't join up with similar mat.*

3. *Stuffing, rubber inside has gone thin.*

4. *Corners turn up.*

C: Planning

Q7: Describe three factors from outside the gym which may affect a gymnast's performance.

1. *Pressure from home to do well. Parents chastising gymnast for not doing well in competition etc.*
2. *Long car journey back and forward to the gym. Makes gymnast tired & lethargic.*
3. *Worry about homework, not getting this done in time.*
4. *Poor diet. Can make gymnast lethargic. Not having sufficient food before coming to the gym or eating a big meal just prior to training.*

D: Manage & Develop Coaching Practice

Q10: Give two personality traits that should be seen in a good coach.

1. *Patience.*
2. *Understanding*
3. *Determination*
4. *Diligence*
5. *Sense of humour.*

E: Factors Influencing Learning

Q14: Fear is a barrier to learning. Give two possible causes of fear and outline how you would overcome them.

1st cause *Fear of going backwards* Solution *Remove backward skills. Make simple progressions to overcome the fear.*

2nd cause *Fear of the unknown.* Solution *Break the skill down in to small steps.*

3rd cause. *Pain* Solution *Make sure that matting, support, physical preparation & progressions are in place to avoid accidents*

F: Anatomy

Q16: Muscles have different roles to play during body movement. One role is to act as an agonist. Name two other roles a muscle might play.

1. *Antagonist,*
2. *Flexor*
3. *Extensor*
4. *synergist*
5. *stabiliser.*