

BRITISH GYMNASTICS COACHING QUALIFICATIONS**LEVEL 3 CLUB COACH
FLOOR, VAULT & BEAM 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 teenagers?

1.
2.
3.

B: Identification and Development of Talent**Q2:** List 3 measures you would employ when coaching beginners with little or no talent.

1.
2.
3.

C: Biomechanics**Q3:** a. Give an example of a rotational skill where the moment of inertia is small......
Give an example of a rotational skill where the moment of inertia is large.

.....

b. During take off in the free cartwheel, the gymnast rotates around the

Whilst in flight the gymnast rotates around

E: Physical Preparation**Q4:** List 3 physical attributes that you would expect to see in a gymnast for the performance of a good backflip.

1.
2.
3.

F: Technique

Q6. Give 3 points for good technique in the 2nd flight of the handspring ½ turn off vault.

- 1.....
- 2.....
- 3.....

G: Teaching Method

Q7. List 3 progressions for the forward roll mount onto end of the beam.

1.
2.
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 teenagers?

1. *Might not want to get too serious about their training*
2. *Might be embarrassed about their body*
3. *Rapid growth may have reduced strength and coordination*
4. *Range of movement may be reduced*

B: Identification and Development of Talent

Q2: List 3 measures you would employ when coaching beginners with little or no talent.

1. *Break skills down much more.*
2. *Give alternative activities which have some fitness value.*
3. *Use games such as relay races to give sense of achievement*
4. *Use reward cards, proficiency scheme to increase their sense of achievement.*
5. *Use praise whenever possible.*
6. *Make strengthening and range of movement activities fun*

C: Biomechanics

Q3: a) Give an example of a rotational skill where the moment of inertia is small.

1. *forward roll*
2. *backward roll.*
3. *front somersault.*
4. *back somersault.*

Give an example of a rotational skill where the moment of inertia is large.

1. *Swing on bar*
2. *Cast to HS on bar.*
3. *¾ front somi to back lie.*
4. *Handspring vault*

b) During take off in the free cartwheel, the gymnast rotates around the pivot point Whilst in flight the gymnast rotates around their centre of mass

E: Physical Preparation

Q4: List 3 physical attributes that you would expect to see in a gymnast for the performance of a good backflip.

1. *Good body tension*
2. *Strong legs in take off.*
3. *Tension in legs in flight.*

4. *Change in body shape, arch then dish.*
5. *Good support on hands with good handstand shape.*
6. *Strength in spring off hands*

F: Technique

Q5: Give 3 points for good technique in the 2nd flight of the handspring ½ turn off vault.

1. *Twist initiated from the top of horse.*
2. *Arms by ears throughout.*
3. *Good body tension throughout.*
4. *Good height and extension in flight prior to landing.*
5. *Slight dish shape prior to landing.*
6. *Well controlled on back landing.*

G: Teaching Method

Q6: List 3 progressions for the forward roll mount onto end of the beam.

1. *Forward roll on floor, stepping out one foot after the other for exit.*
2. *Practise jump off springboard lifting hips high hands on end of beam.*
3. *Forward roll on to long high platform.*
4. *Forward roll onto beam with mat over top.*
5. *Forward roll onto end of beam with coach support.*