

BRITISH GYMNASTICS COACHING QUALIFICATIONS

LEVEL 2 COACH – GENERAL GYM 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

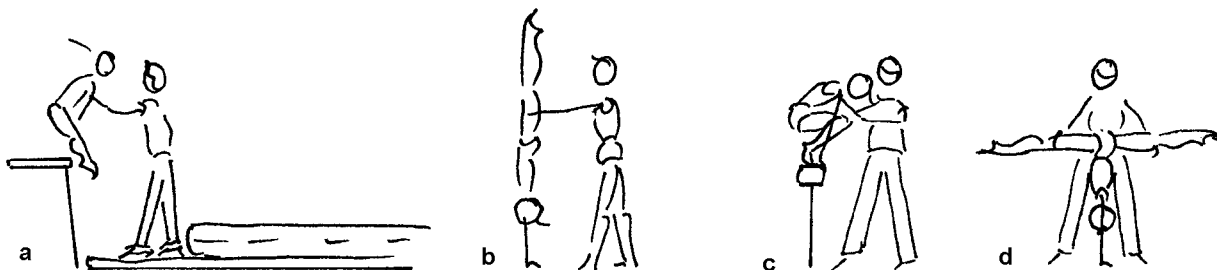
Biomechanics

Q1: One of the following statements is **incorrect**

- In the back flip the gymnast rotates around the hands in the support phase
- During a handstand bridge to stand the Centre of mass is fixed within the abdomen.
- When the gymnast jumps from the floor to make a 1/1 turn the twist is created from the floor.
- A balance on hands and knees is more stable than a bridge because the C of M is lower and the support points are larger.

Health and Safety.

Q2. One of the situations shown below is **not advisable**

**Physical Preparation**

Q3. In a cast from the bar to dismount onto the floor, as well as being strong in the arms for support, the gymnast needs to be strong in:

- Opening the shoulder angle, the gluteals, the abdominals and thigh muscles
- Strong in the back muscles, and the gluteals.
- Strong in the abdominals and thigh muscles
- Closing the shoulder angle, the back muscles and the gluteals.

Dance & Choreography

Q4. When choreographing a display item it is **not advisable** to

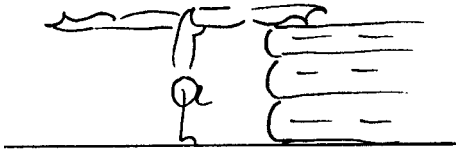
- Work some skills in cannon form,
- Select difficult skills to impress the audience
- Use straight lines at some point with gymnasts working in unison
- Change the tempo of the music half way through the display item.

Technique

Q5. One statement is **incorrect**.

- a. In the counter balance standing on partner's knees gymnasts hold each other's wrists.
- b. In the cartwheel over the base on hands and knees the base should have a straight back
- c. In the front support with ankles on partner's shoulders the gymnast should show a hollow back.
- d. When base sitting in straddle supports partner in handstand, the support should be around the hips.

Q6. Method



The action shown above is good preparation for:

- a. The handstand bridge to stand.
- b. The cartwheel
- c. The backward walkover
- d. The round off.

Answers

1. b 2.a 3.a 4.b 5.c 6.c