

**BRITISH GYMNASTICS COACHING QUALIFICATIONS  
LEVEL 2 COACH MEN'S ARTISTIC GYMNASTICS**

- 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**

**Q1 BIOMECHANICS**

One statement is **incorrect**

- a. The centre of mass can be raised within the body by raising the arms above the head.
- b. Stability is affected by height of C of M from the floor and the area of support base
- c. Throughout the handspring vault, the gymnast rotates about the C of M only.
- d. During the straddle lift to handstand the position of the C of M will change

**Q2 HEALTH & SAFETY**

Which one of the following is **incorrect**:

When using the trampette:-

- a. Always place a mat under the bed in case it bottoms out
- b. Check that the angle of the trampette is securely fixed.
- c. And supporting, you as the coach should always stand on a firm surface.
- d. Make sure that the landing area is long enough for the skill being performed.

**Q3 PHYSICAL PREPARATION**

Which one of the following is the **correct** statement?

- a. Dips on P bars and chins are good preparation for muscle up to ½ lever on rings.
- b. The arch shape is a good preparation for the backward roll to handstand with straight arms.
- c. Leg lifts are good for body tension in the handstand
- d. Closing the shoulder angle against resistance is good for improving back-away off bar

**Q4 DANCE & CHOREOGRAPHY**

Which answer is **correct**: In the battement tendu:

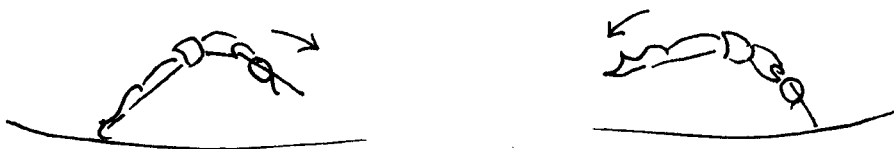
- a. The gymnast must work in 1<sup>st</sup> position
- b. The legs must stay straight throughout
- c. The hip moves forwards to extend the action of the working leg.
- d. The working leg always returns to 3<sup>rd</sup> position between each action.

**Q5 TECHNIQUE**

Which statement is **correct**: In the back flip the gymnast

- a. Must be straight in 1<sup>st</sup> flight and piked in 2<sup>nd</sup>.
- b. Must push off the hands when passing through handstand
- c. Must be balanced if moving into another backflip
- d. Should place the hands when in support slightly turned outwards.

### Q6 METHOD



The action shown on the trampoline is **best** suited as a progression for:

- a. The flyspring
- b. The front somersault
- c. The handspring vault
- d. The free cartwheel

### Q7 JUDGING

One statement is **incorrect**

- a. The gymnast can work on floor in bare feet.
- b. The gymnast can take another run at vault without penalty if the apparatus is not touched.
- c. The gymnast can chalk up and get back on the high bar within 30 seconds after a fall.
- d. The gymnast can step on the floor boundary line, he will not be penalised.

**Answers:**

- |   |   |
|---|---|
| 1 | C |
| 2 | A |
| 3 | A |
| 4 | B |
| 5 | B |
| 6 | A |
| 7 | B |