



**MA LEVEL 3
SAMPLE PAPER**

**BRITISH GYMNASTICS COACHING QUALIFICATIONS
LEVEL 3 CLUB COACH MEN'S ARTISTIC 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 under eights.

1. _____
2. _____
3. _____

B: Identification and Development of Talent

Q2: Give 3 physical attributes that you consider important when assessing a gymnast for talent in Men's Artistic gymnastics.

1. _____
2. _____
3. _____

C: Biomechanics

Q3: Complete the following statements:

When performing a giant, the gymnast's axis of rotation is the _____

In the backaway dismount the axis of rotation is the: _____

When the gymnast tucks the body in the backaway his rotation _____

This is described in biomechanical terms: _____

D: Judging

Q4:

a) What is the final score for a gymnast with the following judges' scores?

'A' panel score - 3.5

'B' panel scores - **Judge 1** 8.1 **Judge 2** 8.7 **Judge 3** 8.30 **Judge 4** 8.60

Final Score = _____

b) List 2 Element Group Requirements (EGR) for a bar exercise

1. _____
2. _____

E: Physical Preparation

Q5: Describe 3 physical requirements for the performance of the good backflip.

1. _____

2. _____

3. _____

F: Technique

Q6. Give 3 points for good technique in the short clear circle to handstand.

1. _____

2. _____

3. _____

G: Progressive Practices

Q7: Give **3 ways** in which you could use the trampoline for progressions for skills on 3 different apparatus.

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 under eights.

1. Concentration levels will be low so lessons or activities should be short.
2. Bones are not fully ossified, don't overload gymnasts.
3. Levels of maturity regarding behaviour may vary greatly.
4. Work on basic shaping and conditioning at this age.
5. Activities to be fun to attract them to the sport.
6. Will be mainly visual or kinaesthetic learners so use practical demonstrations or support shaping rather than verbal explanations

B: Identification and Development of Talent

Q2: Give 3 **physical attributes** that you consider important when assessing a gymnast for talent in Men's Artistic gymnastics.

1. Natural strength
2. Natural spring.
3. A degree of suppleness.
4. Good coordination.
5. A good line (knee and ankle extension).
6. Ectomorph (body type) small frame
7. Good basic fitness levels of endurance

C: Biomechanics

Q3: Complete the following statements:

When performing a giant, the gymnast's axis of rotation is the *around the hands (on the bar)*

In the backaway dismount the axis of rotation is the *gymnast's centre of mass*

When the gymnast tucks the body in the backaway his rotation *is increased*

This is described in biomechanical terms: *as decreasing the moment of inertia*

D: Judging

Q4:

a) What is the final score for a gymnast with the following judges' scores?

'A' panel score - 3.5

'B' panel scores - **Judge 1** 8.1 **Judge 2** 8.7 **Judge 3** 8.30 **Judge 4** 8.60

Final Score = 11.95

b) List 2 Element Group Requirements (EGR) for a bar exercise

1. Long hang swing with or without turns
2. Flight elements
3. In bar elements
4. El-grip and dorsal hangs
5. Dismounts

E: Physical Preparation

Q5: Describe 3 physical requirements for the performance of the good backflip.

1. Being able to fix arch and dish shape.
2. Good body tension
3. Strong legs for jumping.
4. Strength in shoulder girdle
5. Core stability and strength

F: Technique

Q6. Give 3 points for good technique in the short clear circle to handstand.

1. *Maintaining body tension throughout. (no arching in back)*
2. *Keeping shoulders above bar as gymnast circles down from handstand (shoulders should not go forwards to maintain balance)*
3. *Straight arms throughout.*
4. *Extending into handstand at end of circle.*
5. *Hips close to bar when underneath the bar.*
6. *Straight handstand shape (shoulder angle open fully)*
7. *Head must remain neutral and still*
8. *Ability to open shoulder angle strongly whilst fixing dish shape*
9. *Gymnast must understand when they are in support*

G: Progressive Practices

Q7: Give **3 ways** in which you could use the trampoline for progressions for skills on 3 different apparatus.

1. *On the bed backflip practise. Basic tumbling skills, flyspring, somersault etc.*
2. *Handspring vault. Handspring on edge of tramp or box top, flight into pit. Handspring 1/1.*
3. *With floor bar fixed over trampoline, work on last part of giant. Cast to HS with turn.*