



BRITISH GYMNASTICS COACHING QUALIFICATIONS

LEVEL 4 SENIOR COACH RHYTHMIC GYMNASTICS SAMPLE PAPER

Instructions to candidates:

- You have 90 minutes to complete this paper
- You must answer all questions (approximately 15 minutes per question)
- Please add your name, sports specific theory & paper number to the top of the answer sheet
- Please answer in ink, but illustrations may be in pencil
- The maximum mark for each question is shown
- The questions may be answered in any order but please clearly indicate the question number (Q1 etc)
- Do not mark the question paper
- Please return the question paper with your answer sheet to the invigilator

| | TOTAL MARKS AVAILABLE: 60 | PASS MARK: 36 (60%) | MARK |
|-----------|---|---------------------|------|
| Q1 | AGE & STAGE OF MATURATION Many factors can affect the development of flexibility in the growing child. Detail these factors and explain how they may influence flexibility.= | | 10 |
| Q2 | BIOMECHANICS List five bio-mechanical principles related to an ordinary individual (non boomerang) throw of the Ribbon. | | 10 |
| Q3 | TECHNIQUE Use diagrams and text where possible to illustrate the technique of a Cossack Pivot 720° free leg forwards, Level E. | | 10 |
| Q4 | TEACHING METHODS Describe the progressions you would use for the successful performance of a 6 metre Trio Exchange with three Hoops, catch on floor, and linked with a body skill, stating how and at which point in the exchange the body skill will be performed. | | 10 |
| Q5 | PHYSICAL PREPARATION Give three physical preparation exercises for the change (switch) leg split fish leap, level E. Indicate which muscle group/s or specific area is being prepared with each exercise and which part of the skill each exercise serves. | | 10 |
| Q6 | JUDGING: List five possible execution errors, together with deductions, for each of the following : a) Technique with the Apparatus b) Technique of the Body Skills | | 10 |