

## BRITISH GYMNASTICS COACHING QUALIFICATIONS

### LEVEL 3 CLUB COACH TEAM GYM 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:** List 3 physical attributes that you consider important when assessing a gymnast for talent in Teamgym gymnastics

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### C: Biomechanics

**Q3:** Complete the following statements:

When hitting the trampette in the handspring vault, the gymnast creates \_\_\_\_\_ rotation.

This is created by rotating about \_\_\_\_\_

In first flight, the gymnast rotates \_\_\_\_\_

The flight path of the centre of mass in second flight creates a: \_\_\_\_\_

#### D: Judging

**Q4:** List two of the rules that apply to gymnasts' clothing and appearance for competition:

1. \_\_\_\_\_
2. \_\_\_\_\_

Marks

3

3

4

2

**E: Physical Preparation**

**Q5:** List 3 physical attributes that you would expect to see in a gymnast for the performance of the good backflip.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**F: Technique**

**Q6.** Give 3 points for good technique in the free walkover.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**G: Teaching Method**

**Q7:** List **3 ways** in which you could use rebound apparatus for preparation or progressions for vault and/or tumbling skills

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Marks

3

3

3

**Answers**

In some questions more answers than requested may be possible.

**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. *Activities to be fun to attract them to the sport*
5. *Will be mainly visual or kinaesthetic learners, so use practical demonstrations of 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 Teamgym gymnastics

1. *Natural strength*
2. *Natural spring*
3. *A degree of suppleness*
4. *Good coordination*
5. *Good basic fitness levels of endurance*

**C: Biomechanics**

**Q3:** Complete the following statements:

When hitting the trampette in the handspring vault, the gymnast creates *forward* rotation.

This is created by rotating about *the pivot point*

In first flight, the gymnast rotates *around their centre of mass*

The flight path of the centre of mass in second flight creates *a parabolic curve*

**D: Judging**

**Q4:** List 2 of the rules that apply to gymnasts' clothing and appearance for competition

1. *All members of team must be identically dressed*
2. *No jewellery may be worn*
3. *Gymnastic foot wear is optional*
4. *Bandages are permitted, but must be fastened securely*
5. *Body paint is not allowed*
6. *Loose items such as belts are not allowed.*

**E: Physical Preparation**

**Q5:** List 3 physical attributes that you would expect to see in a gymnast 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 free walkover.

1. *Long step with 1<sup>st</sup> leg into walkover action*
2. *Complete split of legs before take off*
3. *Body slightly arched in flight*
4. *Strong jump off jumping leg*
5. *Arms swing forwards, downwards and backwards as gymnast leaves the floor*
6. *Arms out to side horizontally when inverted*
7. *Legs in split throughout the skill*
8. *Landing on one foot with arms circling above head to stand*
9. *Height from floor, (head from floor) 30 – 50cms*

**G: Teaching Method**

**Q7:** List 3 ways in which you could use rebound apparatus for preparation or progressions for vault and/or tumbling skills

1. *Using trampoline for different vault landing in pit or safety mats*
2. *Using trampoline for basic tumbling skills, flyspring back flip*
3. *Using trampette with platform for R/O somersault progressions*
4. *From handstand on box or high platform, land on trampette, bounce into somersault*