

BRITISH GYMNASTICS COACHING QUALIFICATIONS

LEVEL 3 CLUB COACH TUMBLING 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 tumbling gymnastics

1. _____
2. _____
3. _____

C: Biomechanics

Q3: Complete the following statements:

When hitting the track for a back somersault , the gymnast creates _____ rotation

This is created by rotating about _____

In flight, the gymnast rotates _____

The flight path of the centre of mass during the somersault 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 whip back somersault

1 _____

2 _____

3 _____

G: Teaching Method

Q7: List **3 ways** in which you could use rebound apparatus for preparation or progressions 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 Tumbling 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 track for a back somersault , the gymnast creates *backward* rotation.

This is created by rotating *about the pivot point*

In flight, the gymnast rotates *the centre of mass*

The flight path of the centre of mass during the somersault 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 whip back somersault.

1. Legs straight and together in flight.
2. Strong drive of legs into whip.
3. Low flight.
4. Strong straight arm swing, stopping when body extended.
5. Strong dish shape down to land.
6. fast strong action throughout.

G: Teaching Method

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

1. *Using trampoline for different skills into 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*