

LEVEL 2 SAMPLE + ANSWERS

BRITISH GYMNASTICS COACHING QUALIFICATIONS

LEVEL 2 COACH – TUMBLING SAMPLE PAPER

Instructions to candidates:

- 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. When the gymnast raises their arms into a somersault, the centre of mass is raised.
- b. In the take off phase of a back flip, the centre of mass will not be over the point of support.
- c. On contact during the landing phase of a back somersault at the end of a run, the feet should be behind the centre of mass.
- d. Rotation in the somersault can be set up by changing the body shape in the air.

Q2: HEALTH & SAFETY

One statement **does not** indicate good practice. When using the trampette:-

- a. Always place a mat under the bed in case it bottoms
- b. Check that the angle of the trampette is securely fixed.
- c. You as the coach when supporting 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

One of the following **is not good** physical preparation for the skill listed

- a. Straight rebound jumps are good for somersault take off.
- b. The dish shape is a good preparation for the back flip.
- c. Leg lifts are good for improving body tension in the straight back somersault
- d. Hanging on a bar and lifting to tuck shape are a good preparation for tucked somersaults.

Q4: TECHNIQUE

One statement is **incorrect**. In the back flip the gymnast

- a. Must be straight in 1st flight and piked in 2nd.
- b. Must push from the hands when passing through handstand phase
- c. Must be off balance on landing if moving into another backflip.
- d. Should place the hands slightly turned inwards or straight, during the handstand phase.

Q5: METHOD

Dorsal (back) lifts on a box are a good shaping action for all of the following **except one**

- a. The flyspring
- b. The $\frac{3}{4}$ front somersault to back lying
- c. The straight front somersault
- d. The back flip

Q6: JUDGING

The dimensions of the landing zone are

- a. 3000mm x 3000mm
- b. 3000mm x 2000mm
- c. 5000mm x 4000mm
- d. 4000mm X 2000mm

Answers 1. d 2. a. 3. c. 4. a. 5. d. 6. d
