



BRITISH GYMNASTICS COACHING QUALIFICATIONS
LEVEL 3 CLUB COACH –WOMEN’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: List 3 physical attributes that you consider important when assessing a gymnast for talent in artistic gymnastics.

1.
2.
3.

C: Biomechanics

Q3: 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 she.....

This is called 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

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

1.....

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 short clear circle to handstand.

1.....

2.....

3.....

G: Teaching Method

Q7: List 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.*
3. *Work on basic shaping and conditioning at this age.*
4. *Activities to be fun to attract them to the sport.*
5. *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: List 3 physical attributes that you consider important when assessing a gymnast for talent in women's artistic gymnastics.

1. *Natural strength*
2. *Natural spring.*
3. *A degree of suppleness.*
4. *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: 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 she increases the speed of rotation

This is called in biomechanical terms reducing 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

11.95

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

1. *Flight element from HB to LB*
2. *Flight element from LB to HB*
3. *Flight on the same bar*
4. *Close bar circle elements excluding flight element & cast to HS*
5. *A dismount of C or higher*

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 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: Teaching Method

Q7: List 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.*