

WOMEN'S ARTISTIC GYMNASTICS – LEVEL 2 COACH – SAMPLE PAPER

- 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) will gain a pass (60%)
- The candidate marks their answer sheet crossing the answer of their choice, a,b,c,d.
- The candidate is allowed 45 minutes for the paper.
- There will be 2 or 3 questions under each of the headings shown.

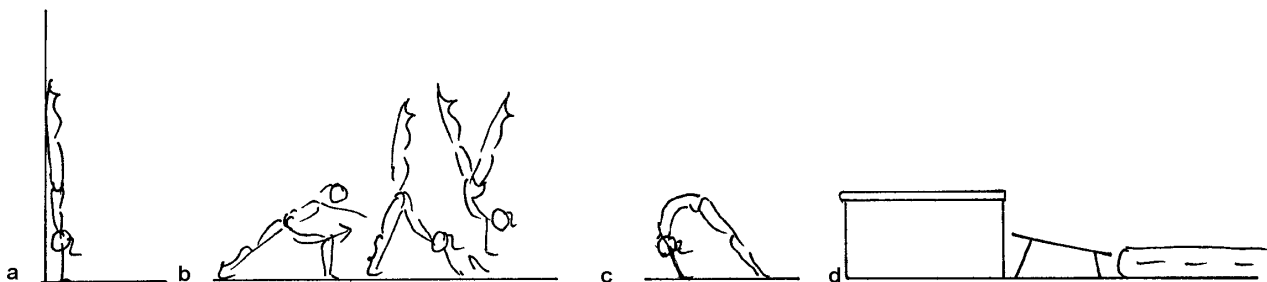
Q1 BIOMECHANICS

One statement is incorrect

- The centre of mass can be raised within the body by raising the arms above the head.
- Stability is affected by height of C of M from the floor and the area of support base
- Throughout the handspring vault, the gymnast rotates about the C of M only.
- During the straddle lift to handstand the position of the C of M will change

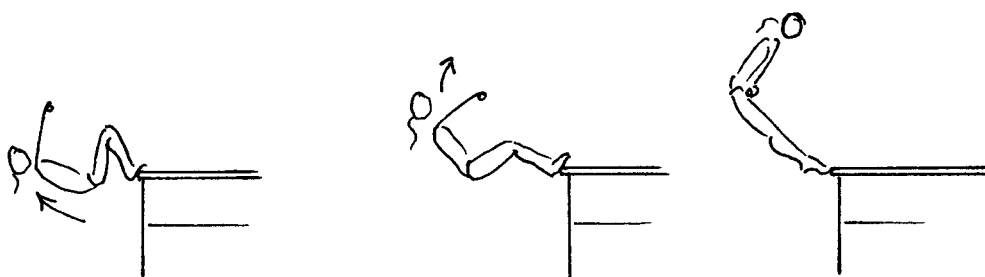
Q2 HEALTH & SAFETY

One of the following preparation/set ups **as shown** could be damaging to the gymnast.



a. handstand against the wall. b. handstand hops c. bridge d. apparatus for back somersault

Q3 PHYSICAL PREPARATION



The exercise shown above is good physical preparation for the:.

- Squat on to low bar
- Undershoot from front support
- Cast to handstand
- Upstart

Q4 DANCE & CHOREOGRAPHY

In a full spin on floor the gymnast

- a. Should hold the arms out to the horizontal throughout.
- b. Should be on the ball of the foot throughout the spin and lower the heel on completion
- c. Should keep the shoulders down throughout.
- d. May hold the leg to the back throughout.

Q5 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 off the hands when passing through handstand
- c. Must be off balance backwards if moving into another backflip.
- d. Should place the hands when in support slightly turned inwards or parallel.

Q6 METHOD

One statement is **incorrect**.

- a. The headspring can be developed from a box top.
- b. When learning a backflip the gymnast can stand on a spring board to make her off balance
- c. Hops are a good preparation for the free walkover
- d. Forward splits are an essential introduction to the straddle on undershoot.

Q7 JUDGING

One statement is **incorrect**

- a. The gymnast must wear a leotard with half or full length sleeves.
- b. The gymnast may warm up on the bars for 50 seconds just prior to competing
- c. Hip padding is not allowed
- d. The gymnast must remount the beam within 10 seconds following a fall.

1. c 2. b. 3. d 4. a 5. a 6. d. 7. a.