

BRITISH GYMNASTICS COACHING QUALIFICATIONS

LEVEL 4 COACH

MEN'S ARTISTIC GYMNASTICS SAMPLE PAPER

Instructions to candidates:

- Questions will be under the headings shown
- Each question will be worth 10 marks
- Available marks will be 60
- Pass mark at 60% = 36 marks

1. Age and stage of Maturation

Show your understanding of the 4 stages of maturation that affect children after the ages of 6 years and how these will impact on the training of gymnastics.

2. Biomechanics

Explain in mechanical terms how rotation is created and how it is controlled in a forward somersault from a run.

3. Method

Describe or draw 5 exercises which may be used to develop awareness in preparation for a Moy to catch on parallel bars.

4. Specific Physical preparation

Describe or draw 5 exercises you would use to develop the necessary strength relative to the teaching of a straight tsukahara.

5. Technique

Describe the technique you would expect to see for a flair with 1/2 turn in handstand dismount from pommel horse. If possible use figurines to aid your answer.

6. Judging

1. On floor, a gymnast performs Round off straight back with 1 1/2 twist into straight front with 1/1 twist into straight front with 1 1/2 twist. How many connection points will he be awarded?
2. What is the deduction for a maltese on rings performed with a 20° angle?
3. On vault, the ID number shows the gymnast will perform a handspring pike front, but he actually performs a handspring tuck front. What penalty is made?
4. During a P Bar routine, the coach moves a supplementary mat in readiness for the dismount. What deduction (if any) is taken?
5. On High Bar, the gymnast performs a top turn that finishes at 30°. What deduction is taken?

(10 questions will normally be asked in the judging section)

Guidance to candidate:

- If it says technique, then give technique only and not method etc.
- Method means progressions; these should be done in a progressive order; if teaching a tuck back somersault you wouldn't do a supported somersault and then go back to learning the tuck shape.
- If it asks for 5 of something don't do 6 or 7. The extra list etc won't be considered and may even go against you as they may show a weakness in your knowledge.
- When doing drawings try and make as clear as possible.
- Always make your answer specific to the question. ie safety for trampoline. If talking about discipline

then it should relate to the trampoline and not just the training of gymnasts generally.

- Time yourself so you allow enough time for each question. The examiner expects some depth to each answer.
- Don't use colloquial names for apparatus or practises. Describe or draw.
- Remember you are meant to show the examiner your knowledge, to say 'good' is not sufficient; what is good in the case of a round or back flip? If the question is on technique then the examiner needs to know what good is.