

# Level 2 Coaching Course



## PART 2 - Level 2 Principles of Gymnastic Coaching Course

Once you have completed the ACC Level 2 Coaching Principles Course, you are ready to be introduced to the Level 2 Principles of Gymnastic Coaching Course. This Course is run by State Associations and aims to develop gymnastic specific coaching competencies for the Level 2 Coach.

A Summary of the Syllabus is as follows:

### **Unit Name:**

Competition Requirements and Strategies (2 hrs)  
 Understanding and Teaching Gymnastic Elements (1.5 hrs)  
 Strength and Conditioning (2 hrs)  
 Flexibility (2hrs)  
 Co-ordination and Aerial Awareness (2hrs)  
 Injury Prevention and Recovery (1hr)  
 Posture and Presentation (1hr)  
 Handstand Development (2hrs)  
 The Supervisory Role of the Level 2 Coach (1hr)

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Total Hours (14.5 hrs)

Total Units (9 units)

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The following is a list of the content areas covered within each unit of the Principles of Gymnastics Course:

### **Unit 1: Competition Requirements and Strategies (2 hrs)**

#### *Content Areas:*

Competition floor rules and responsibilities (Home Study)  
 Competition strategic planning  
 Routine construction  
 Apparatus/Discipline specific Technical Information  
 Revision of the Coaches Code of Ethics (Home Study)

### **Unit 2: Understanding and Teaching Gymnastic Elements (1.5 hrs)**

#### *Content Areas:*

Revision of the DMP's of Gymnastics  
 The Ideal Model  
 Key Muscle Actions

- Key Body Actions
- Whole Body Actions
- Joint Actions
- Skill Analysis

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## Unit 3: Strength and Conditioning (2 hrs)

### Content Areas:

What is Strength and Conditioning?

Methods of Developing Strength and Conditioning

Shaping - Body Lines (ie. static positions)  
- Whole Body Actions (ie. dynamic movements)

General Strength - Upper, middle and lower muscle groups

Specific Strength - Element Repetition

Developing a Strength and Conditioning Program

Examples of Strength and Conditioning Programs

Evaluating, monitoring and reviewing Programs

## Unit 4: Flexibility (2 hrs)

### Content Areas:

What is Flexibility?

Types of Flexibility? - Passive

- Active

Key focus areas - Shoulders

- Back

- Hips

- Hamstrings

- Ankles and Lower Legs

Methods used to develop flexibility

Passive stretching of the Key focus areas

Active stretching of the Key focus areas

Relaxation

Development of a Flexibility program

Examples of Flexibility Programs

Evaluating, monitoring and reviewing Programs

## Unit 5: Co-ordination and Aerial Awareness (2 hrs)

### Content Areas:

The importance of developing co-ordination and aerial awareness

Methods used to develop co-ordination and aerial awareness

Using a trampoline to develop co-ordination and aerial awareness

Kabooms

Landing Positions

Ballout/Cody

Straight Jumps

Salto drills and positions

Twisting drills (ie. whole body actions with twists)

## Unit 6: Injury Prevention and Recovery (1 hr)

### Content Areas:

Understanding Injury

Planning and programming to prevent injury

Recovery Training

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## Unit 7: Posture and Presentation (1 hr)

### Content Areas:

Body Posture  
Co-ordination and Body Awareness Activities  
Confidence building through Dance  
Arm and feet positions

## Unit 8: Handstand Development (2 hrs)

This unit is optional for RG and AER Coaches, although highly recommended.

### Content Areas:

The importance of the Handstand

Handstand Preparation

- Shaping
- Body tension
- Conditioning

Training Aids

Extensions of the Handstand

- Getting into and out of a Handstand
- Turning Handstands
- Backward Roll to Handstand

## Unit 9: Supervisory Role of the Level 2 Coach (1 hr)

### Content Areas:

Role of the Mentor Coach (Home Study)  
Level 1 Post Course Requirements (Home Study)  
Evaluating a Level 1 Candidate (Home Study)  
Filling in the Forms (Home Study)  
Communicating with the candidate (Home Study)  
Ongoing information transfer and exchange (Home Study)

Coaches will be required to verify that they have successfully completed all units of the Level 2 Principles of Gymnastics Coaching in order to progress to PART 3 of the Level 2 Coaching Course.

