

## Level 3 Technical Module 1 - Men's Artistic

This is one of three level 3 modules within men's artistic gymnastics. This module will enable you to teach a variety of exciting floor and vault skills. You can also help participants develop the skills required to compete in exciting competitions leading up to National standard. You will already have completed a Level 2 Men's Artistic Gymnastics qualification. The Level 3 Coaching Theory qualification forms part of the complete Level 3 qualification.

**Price:**

**€115**

**Who is this Aimed at:**

Level 2 Men's Artistic Gymnastics

**What To Expect:**

An informative course around the technical aspects of the syllabus and how to support, progress and physically prepare participants for the skills covered within the syllabus.

**Delivery Method:**

Practical

**Duration:**

6 hours

**Outcomes:**

It qualifies the candidate to coach the listed skills in their club. Once signed off, it allows the candidate to take the listed skills to competition or display/festival

**Do I Need To Bring Participants:**

The candidate is expected to provide gymnasts at the appropriate level for the listed skills

**Do I Need To Find A Mentor:**

No, but we recommend it for post-course on-going learning

**What Resources Are Included:**

Candidate resource pack

**How Will I Be Assessed:**

Assessment is not compulsory. However, if you wish to be assessed, a recognised technical expert/tutor will assess you according to the requirements listed in the resource pack. An assessment day will be arranged by Gymnastics Ireland.

**How Long Before I Get Qualified:**

Candidates have 2 years in which to get signed off

## Pre-requisites

Cycle 1 - Level 1 MAG Qualification

Cycle 2 - Club Coach MAG Qualification

Cycle 3 (2013 - 2016) - Level 2 MAG Qualification

Cycle 4 (2017 - 2020) - Level 2 MAG Qualification

## Syllabus

### **Floor Skills:**

- Accelerators - round off, flics, handspring, flyspring, take offs
- Twisting - forwards and backwards

### **Vault Skills:**

- Straight front
- Handspring front
- Tsukahara
- Yurtchenko

## Assessment Method

Assessment for a Technical Module must be by a recognised assessor. For your assessment gymnasts must be those that you have been working with and developing.

### **When Is My Assessment?**

Gymnastics Ireland will organise specific assessment days for candidates to book on.

### **How Long Until I am Qualified as a Level 3 Coach?**

Assessments must be completed within two years of attending each module.

After passing the assessment of this module you will be eligible, with your gymnasts, to compete the skills within this module.

When all of the discipline's technical modules assessments, and the Level 3 Coaching Theory course and assessment have been completed, the full Level 3 Coach Award will be accredited.

## Skills Matrix

The below skills is what is required by the learner to demonstrate during assessment with the assessor.

### **Floor**

- Multiple flics
- Whips
- Handspring, flyspring combinations
- Straight front combinations
- Forward take offs
- Backward take offs
- Back full twist
- Front full twist

### **Vault**

- Side somersault
- Back roll with half and full turn
- Handspring to land on platform level with vault table
- Tsukahara and preps
- Yurchenko and preps