

## Level 3 Technical Module 2 - Men's Artistic

This is the second of three level 3 modules within men's artistic gymnastics. This module will enable you to support impressive strength and balance skills performed on the ring and pommel horse apparatus. 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

### **Pommel horse skills:**

- Shears technique - half and full turn
- Basic circle technique - floor work
- Circles and travels - varying position on horse
- Elements - stockli A, Czech, travel out in side support, rears, half spindle, 360° Russian
- Dismounts - schwaben flanke and wende

### **Ring skills:**

- Swings - advanced swinging technique, multiple inlocations and dislocations - handstand, forwards and backwards longswing
- Skills to support - backwards uprise to support, honma
- Strength - straight arm bent body lifts to handstand, bent arm straight body press to handstand, handstand drills, straddle half lever and planche
- Dismounts - forwards somersault with half and full twist, double backwards somersault

## 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.

### **Pommel Horse**

- Circles and travels
- Stockli A
- Czech
- Travel out in side support
- Rears (Kehre)
- Half spindle
- 360° Russian
- Schwabenflanke and wende dismounts
- Shears

### **Rings**

- Multiple inlos and dislos
- Backward giant
- Forward giant
- Back uprise to support
- Honma to support
- Straight arm lift to handstand
- Handstand drills
- Forwards somersault dismount with twist
- Double back dismount