

Level 3 Technical Module 3 - Men's Artistic

This is the final of the three level 3 modules within men's artistic gymnastics. This module will enable you to support amazing bars skills performed on both the high and parallel bars. 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

High bar skills:

- Polished bar - clear circle to handstand, stalder, endo
- Chalk bar - safe dismounting/recovery skills, forwards and backwards longswings, upstart cast to handstand, clear circle to handstand, stalder, endo, swing half turn, top change, blind change, gienger roll to mixed
- Dismounts - straight back away

Parallel bar skills:

- Swings in support - stutz, diamidov, flying backwards roll
- Swings in upper arms - forwards uprise, backwards uprise, upper arm upstart
- Elements in long hand - preps to and performance of longswing, moy to support
- Elements in pike hang

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.

Parallel Bars

- Stutzkehre
- Diamidov
- Flying back roll
- Forward uprise
- Back up clips
- Back up to handstand
- Longswing
- Moy to support
- Drop shoot to upper arms
- Undersom to long upstart
- Undersom to support
- Pike front dismount
- Straight back out
- Backwards somersault from bail

High Bar

- Top change
- Swing half turns
- Blind change
- Gienger roll to mixed
- Healy to mixed
- Clear circle to handstand
- Stalder
- Endo
- Inverts
- Squat dislo
- Straight back away