

Level 3 Technical Module 1 - Women's Artistic

This is one of four level 3 modules within women's artistic gymnastics. This module will enable you to teach a variety of exciting skills and apparatus techniques. 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 Women'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 Women's Artistic Gymnastics

What To Expect:

An in-depth analysis of skills contained within the syllabus.

Application of theoretical knowledge and biomechanical principles.

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 WAG Qualification

Cycle 2 - Club Coach WAG Qualification

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

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

Syllabus

Physical Preparation:

- Understanding physical preparation
- Stretching
- How muscles work
- Understanding strengthening
- Strengthening exercises

Prevention of Injuries:

- Prevention of overuse injuries
- Correct posture and core stability
- Ankles
- Strength
- Correcting postural defects
- PNF stretching

Analysing Skills:

- The straddle lift to handstand
- The float upstart
- Two skills for the learner to analyse: handspring vault and short clear circle to handstand

Vault Skills:

- Straight forwards somersault to stand onto safety mat
- Handspring to stand on platform
- Handspring 1/1 turn in 2nd flight
- Tsukahara preparation
- Tsukahara
- Yurchenko preparation
- Yurchenko

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.

Vault:

The learner must show an understanding of the technique and development for one of the following:

- **Handspring 1/1 twist in second flight**
- **Tsukahara tucked**
- **Yurchenko tucked**
- **Effective and safe progressions in the stages leading up to the final vault.**

Physical Preparation:

The learner must show a good understanding of physical preparation through the exercises demonstrated leading to the straddle lift to handstand and returning to straddle lever.