

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

This is the second of four level 3 modules within women's artistic gymnastics. This module will enable you to teach a variety of amazing tumbling and high bar 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 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 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

**Outcomes:**

**By the end of the course the learner will understand:**

- Technical aspects of skills from the syllabus
- How to support the skills from the syllabus
- How to progress and deliver the skills from the syllabus
- How to physically prepare participants for skills from the syllabus

**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 and candidates can book on this.

**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

### **Backwards Tumbling:**

- Backwards roll to handstand with  $\frac{1}{2}$  and  $1/1$  turn
- Series of flics from round off
- Round off flic tucked piked or stretched backwards somersault
- Round off whip back and flic, whip back
- Backwards somersault with  $180^\circ$  and  $360^\circ$  turn
- Supporting techniques leading to double backwards somersault

### **High Bar Skills:**

- Backwards giant on polished bar and chalk bar
- Forwards giant on polished bar and chalk bar
- Swing  $\frac{1}{2}$  turn
- Stretched backaway dismount
- Stretched forwards somersault dismount

## 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 Backwards Tumbling:**

The learners must show an understanding of the technique and development of:

- The round off flip full twisting straight backwards somersault

### **High Bar Skills:**

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

- The backwards giant
- The straight backaway dismount
- Effective and safe support of these two skills