

Level 3 Technical Module 4 - Women's Artistic

This is the last of four level 3 modules within women's artistic gymnastics. This module will enable you to teach a variety of impressive beam skills and choreographic elements. 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

Beam Skills:

- Leaps onto end or side of beam
- Two footed stretched jump on end or side of beam
- Forwards roll onto end of beam
- Straddle lever press to handstand
- Backwards walkover into different jumps
- Backflic to two feet, split leg backflic
- Gainer flic
- Korbut flic
- Linking backwards walkover with flic
- Backwards somersault
- Forwards somersault dismount
- Round off into stretched backwards somersault dismount
- Training on beam - beam complex
- Using beam for strength and range of movement

Dance and Choreography:

- Dance and choreographic elements
- Jumps for beam and floor
- Split leap
- Straddle Jump
- Sissone
- W jump, straddle jump and split leap
- W jump, straddle and split jump with 1/1 turn
- 1/1 turning cat leap
- Change leg leap
- Change leg ¼ turn
- Shoushonova
- Floor complex

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.

- Backwards walkover flip
- Round off backwards somersault dismount
- Split leap, sissone on beam with participant showing good artistry and range of movement
- Aerial skills specified within the syllabus