



## Level 1 Award in Coaching Gymnastics General Gymnastics

Course Two	Dates	Times	Venue	Assessment Date
Sunday	12/02/12	0900-1700	Wisewood School & Community Sports College, Rural Lane, Sheffield S6 4BH	3 June 2012
Sunday	04/03/12	0900-1700		
Sunday	18/03/12	0900-1700		
Course Three	Dates	Times	Venue	Assessment Date
Sunday	29/04/12	0900-1700	Harrogate Gym Club, Valley House, Hornbeam Park, Harrogate HG2 8GT	22 July 2012
Sunday	13/05/12	0900-1700		
Sunday	20/05/12	0900-1700		

Attendance at all the course dates is compulsory to complete the course.

### Course Fee

£305 – BG Member and Club Affiliated to Yorkshire Gymnastics

£330 – BG Member and Club NOT Affiliated to Yorkshire Gymnastics

£405 – NOT a BG Member and Club NOT Affiliated to Yorkshire Gymnastics

### Course Requirements

Applicants must be 16 to undertake the Level 1 course.

**It is recommended that applicants have some practical knowledge of gymnastics and an understanding of how to teach / coach gymnastic activity.**

### Course Outcomes

The assistant coach **may not assume** sole responsibility for an individual, group or class without direct supervision from a more highly qualified coach. The qualification will entitle the candidate to coach the gymnastics skills and activities within the Level 1 Assistant Coach syllabus only, under the supervision of a more highly qualified coach.

### Course Content

Common Core theory module:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Communication skills
- Post-course experience
- Examination preparation



**carnegie**  
coach education

**Practical Syllabus:**

- Health and Safety
- Fitness and Well Being
- Coordination and agility
- Biomechanical principles
- Gymnastics and Dance
- Working Together

**Home study programme:**

Useful guidance:

- BG candidate resource pack (issued on course)
- Making Sport Fun – Sports Coach UK
- Overview of the assessment criteria:
- Prepare for the delivery of coaching activities
- Deliver prepared activities of the coaching sessions
- Evaluate the effectiveness of coaching activities

**Course Examination**

You must, in order to gain the qualification:

- Attend all the course hours
- Successfully complete logbook and observed practical assessment

**Course Duration**

21 hours course attendance of tutored learning.

Assessment preparation: 1 hr Practical Assessment.

Mentored hours and log books to be completed between the last day of the course and the assessment.

**Course Venue Details**

Directions and a map will be sent out with the confirmation letter.

To apply, please download the British Gymnastics Application Form from the website and send with full payment to:

Carnegie Coach Education  
Leeds Metropolitan University  
Carnegie Annexe  
Headingley Campus  
Leeds, LS6 3QQ  
Email: [coacheducation@leedsmet.ac.uk](mailto:coacheducation@leedsmet.ac.uk)  
Web: [www.leedsmet.ac.uk/sport](http://www.leedsmet.ac.uk/sport)

Cheques must be made payable to **LEEDS METROPOLITAN UNIVERSITY**