



EXCELLENCE IN SPORTS COACHING

carnegie
coach education

Level 1 Award in Coaching (Gymnastics) Women's Artistic

Course One

Day	Dates	Times	Venue	Assessment Dates
Saturday	08/10/11	0900-1700	Gym-magic Gymnastics Centre, Pudsey LS28 6QN	15 January 2012
Saturday	29/10/11	0900-1700		
Sunday	30/10/11	0900-1700		

Day	Dates	Times	Venue	Assessment Dates
Sunday	08/01/12	0900-1700	Diamonds Gymnastics Centre, Halifax HX3 6TN	29 April 2012
Sunday	22/01/12	0900-1700		
Sunday	29/01/12	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



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Practical Syllabus:

- Biomechanical Principles
- Erection and dismantling of apparatus
- Principles of spotting and supporting
- Physical Preparation
- Execution of landings
- Static elements (balance and support positions)
- Flight (leaps and jumps) and basic vaulting
- Basic gymnastics skills
- Working together

Home study programme:

Useful guidance:

- BG candidate resource pack (issued on course)
- Gymnastic Coaching Manual – Lloyd Readhead
- 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 3QS
Email: coacheducation@leedsmet.ac.uk
Web: www.leedsmet.ac.uk/sport

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

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