

## Gymnastics Australia Coaching Course Curriculum

INTERMEDIATE	ADVANCED	ADVANCED SILVER	HIGH PERFORMANCE
<b>The Coach in context</b>	<b>The Coach in context</b>	<b>The Coach in context</b>	<b>The Coach in context</b>
The sports industry	The role and responsibilities of an Advanced coach	The role and responsibilities of an Advanced Silver coach	What is a high performance coach? High Performance Coaches' Work
Working at your gym – responsibilities and rights	Managing risks as a Senior Coach (include supervisor role, travelling with athletes, injury management)	Organisational management in the Gymnastics environment	International travel considerations
Roles and responsibilities of an Intermediate Coach	Observing and working with other coaches	Leading teams of coaches	Working as a mentor in the organisational context
Your club's goals and structure	Injury prevention	Managing risks as a Senior Coach (include supervisor role, travelling with athletes, injury management)	Spotting and the High Performance Coach
Evaluating your performance	Observing and working with other coaches Working with Youth and supervision	Athlete management - holistic development of the individual athlete	The importance of artistry and high performance gymnastics
Australian standards for working conditions	Spotting and the Advanced Coach	Rehabilitation programs and injury management	High Performance program management for coaches
Balancing life and your coaching	Artistry in Gymnastics – all Gymsports	Role of the mentor in organisational context	Team management
<b>Coaching Safely</b>		Risk analysis of skill development	Work-life balance
What is your role or 'duty of care'?		Use of mechanical aids in coaching	
Working with children	<b>The body in motion</b>	<b>The body in motion</b>	<b>The body in motion</b>
	Basic anatomical terminology - anatomical directional terms and movement actions	Revision of anatomy: growth plates, specific joints, muscles, major joints	Opinion of medical, scientific and education professions
Avoiding negligence, hazard identification, prevention and management of risks, Injury prevention	The skeletal structure	Specific gymnastics injuries - mechanical causes, effect and body responses, rehabilitation programs and review processes	Development of the sport and impact on athletes
	The muscular system	Cause and management of injuries - case studies	Concerns, Growth facts, Eating disorders, Injury concerns, Injury facts, Growth plate concerns and maturation
Dominant Movement Patterns (DMPs)	Prevailing Body Actions in gymnastics (PBAs)	Advanced biomechanics: mechanics of twisting, Advanced analysis of movement / skill analysis - practical - using video tools	<b>The mechanics of movement</b>
Understanding the DMPs – Statics, Landings, Spring, Swing, Locomotion, Rotation	The mechanics of movement	Link mechanics with skill acquisition, Application of training systems; using analysis to make changes	Review of mechanics etc.
Understanding the DMPs	Analyzing movement - subjective and objective analysis Application of mechanics with specific Gymnastics elements	Advanced physiology: Adaptations to training - principles of adaptation (IN FIG II) SAID Principle	Reasons for tissue damage, overtraining
Fundamental movement shapes	Developing spatial awareness and aerial orientation with skill development	Fitness and safety with training - link with injury management	Injury sites and causes
Movement principles	Physical Abilities - energy for performance	Competition strategies (before, during and after competition) - diet	Apparatus elasticity, apparatus vibration
	Principles of training	Weight loss and weight gain	Components of the national physical testing
	Physical abilities training - include injury prevention and training within the units	Referral services and support strategies	Training Programs for Elite Athletes
	Nutrition and performance		

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<b>The Coach in action – learning and teaching</b>			
Communication – who, how what. Feedback strategies	Motor learning and skill acquisition (link with PBA)	Skill sequence / advanced routine development for maximum difficulty - planning and implementing routine plans	Learning theory for high performance
Working with a team, dealing with difficult participants, reducing bad behaviour	Provide an environment that promotes skill learning and development	The coach - athlete responsibility	What is skill? Brief history of skill learning theory
Inclusive practices, participants with disabilities	Factors affecting learning	Developing athlete independence and self-responsibility	Maximising the effectiveness of skill practice
Resolving conflict	Coaching athletes as individuals	Adjusting training for female athletes	Coaching and instructional issues (Styles and feedback)
The SPACE Acronym	Coach-athlete relationship	The menstrual cycle, The female athlete triad	Provide an environment that promotes skill learning and development
What is the National Levels Program?	Maximising the gymnastics environment	<b>Psychology of coaching</b>	What does the parent of a new elite gymnast need to know?
Physical preparation and development	Self-reflection process for coaches	Arousal and anxiety control skills	Skill acquisition and movement analysis for coaches
Training and development		Mental imagery, goal setting, attention and flor	<b>Performance Psychology for Coaches</b>
		Positive environment for team selections	Mental toughness
		Motivational strategies	Personality and behavioural styles
		Coping with winning and losing	Understanding the Coach-Athlete-Performance Relationship
		Referral services and support strategies	
<b>The Coach in action – planning and coaching</b>			
Planning, coaching and reviewing	Integrated planning in gymnastics	Periodisation in long term planning	Integrated planning in gymnastics
Types of plans – yearly, unit, term	Issues to consider when planning	Cycle planning - 2-3 year cycles	Individual planning for high performance athletes
Information gathering, setting goals, developing a plan	Planning structure - phases of season	Individual planning for athletes	4 and 8 year planning process – quadrennial planning
Group management, organisation, getting attention	Annual training plan Season training planning	Effective monitoring and adaptation in planning - include recovery	Practical Planning for high performance Gymnastics
Spotting techniques and safety	Implementing your plan	Overtraining and risk management in planning	
	Monitoring, modifying and adjusting the season plan Review and evaluation		
<b>Introduction to Gymsport</b>			
What is Gymsport?	Guidelines for training skills and competition structure	<b>Drugs in sport</b>	<b>Talent Identification</b>
History of the Gymsport	Australian Levels Program – Competition requirements	The coach's role	What is Talent Identification and Development?
Execution and performance	Routine Development and construction	Educating athletes	National Talent Identification program
Principles of good posture	Artistry in gymnastics (Gymsport specific also) Specific Gymsport principles	WADA and ASADA and doping rules	Contemporary issues in Talent identification and Talent development
	Twisting direction and teaching twisting	Therapeutic use of prohibited substances	Talent ID – general and Gymsport specific
		Prohibited substances and food supplements	Talent development
			Preferred pathway for high performance gymnasts in the 4 Olympic Gymsports
			Essential components of a high performance training centre?
			Introduction to the National skills testing – IDEAL skills
			Demonstration of the components of the IDEAL Skills test
<b>Gymsport Skills – development, drills, risks, preparation etc.</b>			
Skills, drills and progressions, KCP, safety and skill analysis of relevant skills for each Gymsport	Skills, drills and progressions, KCP, safety and skill analysis of relevant skills for each Gymsport	Skills, drills and progressions, KCP, safety and skill analysis of relevant skills for each Gymsport	Skills, drills and progressions, KCP, safety and skill analysis of relevant skills for each Gymsport
Categories of movement	Include risk analysis in training		
Safety for each apparatus			

If Beginner Course is completed as well then  
**CERTIFICATE II in SPORT COACHING** is awarded