

Advanced Course Competencies

The competencies for an Advanced Coach are as follows:

1. Understand the role of the Advanced Coach in the sporting context
2. Identify the inherent risks and liabilities in coaching gymnastics and design risk management strategies.
3. Understand the need to apply a positive and cooperative attitude to manage a coaching program by leading, and working effectively with others
4. Apply knowledge of the basic anatomical terms and actions with gymnastics movements and skills
5. Modify training practices to suit the needs of individuals and injury / illness
6. Define the difference between subjective and objective skill analysis
7. Apply knowledge of the mechanical principles to assist with skill analysis and teaching gymnastics skills
8. Identify the prevailing body actions and apply these to analysing and teaching gymnastics movements
9. Devise, implement and review appropriate strength and conditioning activities in order to improve strength, speed and power in athletes and subsequently achieve successful skill development in athletes
10. Design and evaluate the effectiveness of a physical preparation program linking skills and prevailing body actions to maximise skill learning
11. Understand the types of practice and strategies to adopt when teaching gymnastics skills
12. Identify a range of coaching methods and communication techniques to suit learning styles of the athletes
13. Identify the motivational needs of the athletes/teams and implement appropriate motivational strategies to maximise performance
14. Understand and utilise self-reflection of their coaching behaviours to identify areas for improvement and implement the appropriate changes
15. Identify and source the needs of individuals and groups when preparing a training session, seasonal and annual plan