COACH ACCREDITATION OVERVIEW
## Beginner Coach Accreditation

The Beginner Coach Accreditation is the minimum requirement for coaching in gymnastics. The Beginner Coach will gain the skills and knowledge to assist in preparing and coaching gymnastics sessions involving fundamental movement and gymnastics skills. Work may be undertaken as part of a team and must be performed under supervision.

### Course structure

There are two parts to the Beginner Coach Accreditation:
- Beginner Online Course
- Beginner Face to Face Course

### Pre-requisites

14 years and above

### Duration

Course duration will vary based on the time it takes to complete the Online Course:
- Beginner Online Course – from 2 to 8 hours
- Beginner Face to Face Course – 1 day

### Cost

Two payments are required:
- $100 Beginner Online Course (includes technical membership fee for new Technical Members)
- $110 to $145 – Beginner Face to Face Course (check with State/Territory Association)

### Registration

Register and pay via the Gymnastics Australia Learning Management System (LMS) [www.learning.gymnastics.org.au](http://www.learning.gymnastics.org.au)

### Course content

An overview of the course content is listed below:
- Coach beginner or novice participants to develop fundamental motor skills
- Assist in preparing and conducting sport and recreation sessions
- Develop and update knowledge of coaching practices

### Assessment

All assessment takes place during the online training and face to face course:
- Beginner Online Course – 100% in multiple choice type questions
- Beginner Face to Face Course – successfully complete practical assessment tasks at face to face course

The online course and assessment tasks must be completed PRIOR TO REGISTERING for the Face to Face Course.

### Career outcomes

An assistant coach working under supervision, coaching any of the following gymnastic disciplines (Aerobics, Acrobatics, Cheerleading, KinderGym, Men’s, Recreational, Rhythmic, Trampoline, Tumbling and Women’s).
### Intermediate Coach Accreditation

The Intermediate Coach Accreditation provides the skills to coach gymnastics independently. The Intermediate Coach will gain the skills and knowledge to plan, prepare and coach fun and safe gymnastics sessions involving a range of gymnastic and fundamental movement skills relevant to a specific Gymsport.

<table>
<thead>
<tr>
<th>Course structure</th>
<th>There are four parts to the Intermediate Coach Accreditation</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>On the job training (Pre-course Workbook and 20 coaching hours)</td>
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<tr>
<td></td>
<td>Intermediate Online Course General</td>
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<tr>
<td></td>
<td>Intermediate Online Course Gymsport Specific</td>
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<tr>
<td></td>
<td>Intermediate Gymsport Face to Face Course</td>
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<table>
<thead>
<tr>
<th>Pre-requisites</th>
<th>The pre-requisites for the course are:</th>
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<tr>
<td></td>
<td>16 years or older</td>
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<tr>
<td></td>
<td>A Beginner Coach Accreditation (You may be eligible to be exempt from this pre-requisite. Please see the Coach Framework and Accreditation Policy or contact your State/Territory Association.)</td>
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<tr>
<th>Duration</th>
<th>Course duration will vary based on the time it takes to complete the on the job training and online course:</th>
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<tbody>
<tr>
<td></td>
<td>On the job training – a minimum of 20 hours coaching</td>
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<tr>
<td></td>
<td>Online Course General and Specific – from 4 to 12 hours</td>
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<tr>
<td></td>
<td>Face to Face Intermediate Course (Gymsport specific) – 1 day</td>
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</tbody>
</table>

It is recommended that the on the job training and the online courses are completed concurrently.

<table>
<thead>
<tr>
<th>Cost</th>
<th>• $100 Intermediate Online Course (General and Gymsport specific)</th>
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<tbody>
<tr>
<td></td>
<td>• $50 for the Gymsport specific component of the online course</td>
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<tr>
<td></td>
<td>• $110 to $195 – Face to Face Intermediate Course (check with State/Territory Association)</td>
</tr>
</tbody>
</table>

| Registration      | Register and pay via the Gymnastics Australia Learning Management System (LMS) [www.learning.gymnastics.org.au](http://www.learning.gymnastics.org.au) |

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<tr>
<th>Course content</th>
<th>An overview of the course content is listed:</th>
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<tr>
<td></td>
<td>• Teach fundamental gymnastics skills relevant to the Gymsport</td>
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<tr>
<td></td>
<td>• Work effectively in sport, recreation and business environments</td>
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<tr>
<td></td>
<td>• Provide equipment for activities</td>
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<tr>
<td></td>
<td>• Develop and update sport, fitness and recreation industry knowledge</td>
</tr>
<tr>
<td></td>
<td>• Organise and complete daily work activities</td>
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<tr>
<td></td>
<td>• Follow work health and safety policies and implement sports injury prevention</td>
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<tr>
<td></td>
<td>• Communicate effectively with others in a sport environment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Assessment takes place during the on the job experience, online training and face to face course:</th>
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<tbody>
<tr>
<td></td>
<td>• Pre-course Workbook – successful completion signed by Supervisor</td>
</tr>
<tr>
<td></td>
<td>• Intermediate Online Course – 100% in multiple choice type questions</td>
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<tr>
<td></td>
<td>• Face to Face Intermediate Course – successfully complete practical assessment tasks</td>
</tr>
</tbody>
</table>

The Pre-course Workbook, Online Generic and Online Gymsport Specific
courses and assessment tasks must be completed **PRIOR TO REGISTERING** for the Face to Face Course.

| Career outcomes | A Gymnastics Australia Intermediate Gymnastics Coach (Gymsport specific) can coach fundamental gymnastics skills in a Club or other gymnastics venue. |

### Intermediate Coach Accreditation - Cheerleading

The Intermediate Coach Accreditation provides the skills to coach gymnastics independently. The Intermediate Coach will gain the skills and knowledge to plan, prepare and coach fun and safe gymnastics sessions involving a range of gymnastic and fundamental movement skills relevant to a specific Gymsport.

| Course structure | There are five parts to the Intermediate Coach Accreditation  
| | 1. GA Online Intermediate generic course  
| | 2. GA Pre-Course Workbook – including 20 hours coaching experience  
| | 3. USASF online Test – Level 1  
| | 4. Skills clinic/education workshop provided by a designated Australian provider of the USASF Coach Credentialing program (Tumbling or Building Skills)  
| | 5. USASF credentialing - hands on and oral assessment (Tumbling or Building Skills) |

| Pre-requisites | The pre-requisites for the course are:  
| | 1. 16 years or older |

| Duration | Course duration will vary based on the time it takes to complete the online Course:  
| | 1. Online Course Generic and USASF Specific online Test – Level 1 (Tumbling or Building Skills) – from 4 to 12 hours  
| | 2. Skills Clinic/Education Workshop – from 3-6 hours  
| | 3. Credentialing – from 6 hours |

| Cost | Three payments are required:  
| | 1. $100 Intermediate Online Course (General and Gymsport specific)  
| | 2. USASF online test - free  
| | 3. $85 approximately USASF credentialing (check with designated Australian provider of the USASF Coach Credentialing program) |

| Registration | For GA components, register and pay via the Gymnastics Australia learning Management System (LMS) [www.learning.gymnastics.org.au](http://www.learning.gymnastics.org.au)  
| | For USASF components, register and pay a designated Australian provider of the USASF Coach Credentialing program such as WCCD or AASCF |

| Course content | An overview of the course content for the GA online course is listed:  
| | 1. Teach fundamental gymnastics skills relevant to the Gymsport  
| | 2. Work effectively in sport, recreation and business environments  
| | 3. Provide equipment for activities  
| | 4. Develop and update sport, fitness and recreation industry knowledge  
| | 5. Organise and complete daily work activities  
| | 6. Follow work health and safety policies and implement sports injury prevention  
| | 7. Communicate effectively with others in a sport environment |

| Assessment | Assessment takes place during the online training and the credentialing course:  
| | 1. Intermediate Online Generic Course – 100% in multiple choice questions  
| | 2. USASF Level 1 online Test – 85% required  
| | 3. Complete USASF credentialing - hands on and oral assessment tasks |
Qualification

The units of competency towards the Certificate II Sport Coaching are not available for the Intermediate Cheerleading Accreditations.

Career outcomes

A Gymnastics Australia Intermediate Gymnastics Coach (Gymsport specific) can coach fundamental gymnastics skills in a Club or other gymnastics venue.

Advanced Coach Accreditation

The Advanced Coach Accreditation provides a coach with the skills and knowledge to coach athletes at a club level. The Advanced Coach will have the competencies to conduct and evaluate individualised and team based training programs relevant to a specific Gymsport. They will gain the mechanical understanding and technical knowledge to analyse an ideal skill, breakdown the skill and teach it.

Course structure

There are four parts to the Advanced Coach Accreditation
- Online Advanced Coaching Principles Course
- Online Advanced Gymsport Coaching Course
- Gymsport Advanced Face to Face Course
- First Aid Certificate

Pre-requisites

The pre-requisites for the course are:
- 17 years or older
- An Intermediate Coach Accreditation (or exemptions to this course)

Duration

Course duration will vary based on the time it takes to complete the online course, on the job assessments and online assessments:
- Online Advanced Coaching Principles, includes 2 workplace assessments
- Online Advanced Gymsport Coaching Course, includes 1 assessment
- First Aid Certificate (please complete the certificate HLTAID003 Provide First Aid) – to be organised by participant
- Face to Face Advanced Course (Gymsport specific) – up to 2 days depending on the Gymsport

Cost

- $120 – Online Advanced Coaching Principles and Gymsport Coaching Course
- $50 – Online Advanced Gymsport Coaching Course only
- $ TBC – Advanced Face to Face Course, see state/Territory Association

Registration

Register and pay via the Gymnastics Australia Learning Management System (LMS) www.learning.gymnastics.org.au

Course content

An overview of the course content is listed:
- The coach in context
- The body in motion – anatomy and injury prevention
- The body in motion – mechanics of movement and skill analysis
- The body in motion – physical preparation, training and development
- The coach in action – learning and teaching
- The coach in action – planning and coaching
- How to coach advanced Gymsport skills

Assessment

- Assessment takes place during the online training and the face to face course.
Advanced Silver Coach Accreditation

The Advanced Silver Coach Accreditation provides a coach with the skills and knowledge to coach athletes up to state and/or national level and with the potential to support gymnasts on the pathway to international competition.

Course structure
There are two parts to the Advanced Silver Coach Accreditation
- Pre-course learning (where required)
- FIG Level 2 Academy Course (Gymsport specific)

Pre-requisites
The pre-requisites for the course are:
- 18 years or older
- Current Technical Member of Gymnastics Australia
- Current Advanced Coach Accreditation or above
- Currently coaching Australian Levels 7-10 (or above) or equivalent
- Minimum of 1 year experience coaching Australian Levels 7-10 (or above) or equivalent
- Evidence of knowledge of coaching theory:
  - Completed Advanced Online General Principles
  - Completed GA Level 2 or 3 Coach Accreditation
  - Relevant further education
  - Other

Duration
The course is an 8-day, intensive, residential course.

Cost
Course cost will vary based on location and will be advertised with course details.

Registration
Method of registration will be advertised when course information is released.

Course content
An overview of course topics is listed:
- **Anatomy** – growth plates, specific joints, muscles at major joints
- **Biomechanics** – flight & dismounts & landings, twisting, energy concepts
- **Physiology** – training terminology, endurance, strength training principles
- **Psychology** – motivation & arousal, anxiety & stress, attention & flow
- **Planning** – periodization, effective monitoring, annual plan

Assessment
Assessment takes place during the course and will include a theory and practical exam.

Career outcomes
An Advanced Silver Accreditation provides the skills and knowledge for an individual to undertake a career as a coach at a State and/or National level.
# High Performance Coach Accreditation

The High Performance Coach Accreditation provides a coach with the skills and knowledge to coach athletes up to national or international level applying high performance systems. This accreditation targets coaches with gymnasts competing at junior or senior international level.

## Course structure
- There are two parts to the High Performance Coach Accreditation
  - Pre-course learning
  - FIG Level 3 Academy Course (Gymsport specific)

## Pre-requisites
- The pre-requisites for the course are:
  - Current Technical Member of Gymnastics Australia
  - Current Advanced Silver Coach Accreditation or above
  - Currently coaching one of the following: Australian Junior, Senior or International Gymnasts Australian Level 10 or Aerobics Level 6-7 or equivalent IDP 8-10
  - Minimum of 1 year experience coaching the above
  - Held Advanced Silver Coach Accreditation or GA Level 3 for a minimum of two years
  - Evidence of knowledge of coaching theory:
    - FIG Level 3 Academy Program
    - FIG Level 2 Academy Program
    - Completed Level 3 Coach Accreditation
    - Completed Level 2 Coach Accreditation
    - Relevant further education e.g. Sport Science, Human Movement
    - Other
  - Evidence of relevant continuing professional development

## Duration
- The course is a 9-day, intensive, residential course.

## Cost
- Course cost will vary based on location and will be advertised with course details.

## Registration
- Method of registration will be advertised when course information is released.

## Course content
- Course topics will be presented from the list below:
  - **Review** – anatomy, physiology, biomechanics
  - **Biomechanics** – mechanics of injuries, elasticity of apparatus, vibration of apparatus
  - **Medical** – growth and maturation, understanding injuries, overtraining
  - **Psychology** – mental toughness, personality types
  - **Planning** – quadrennial planning, team management, special topics

## Assessment
- Assessment takes place during the course and will include a theory and practical exam.

## Career outcomes
- A High Performance Accreditation provides the skills and knowledge for an individual to undertake a career as a coach at national / international level.