

### Appendix 1: What can I coach in the gym?

Accreditation	What you can coach
<b>Beginner Coach</b>	<ul style="list-style-type: none"> <li>• A Beginner Coach must coach under supervision at all times.</li> <li>• A Beginner Coach can coach the same skills as an Intermediate Coach but under supervision. See Appendix A for a list of skills for a Beginner Coach.</li> <li>• A Beginner Coach cannot coach salto (somersault) skills or inverted rotation involving height and flight.</li> </ul>
<b>Intermediate Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• An Intermediate Coach can coach independently.</li> <li>• See Appendix A for a list of skills appropriate for an Intermediate Coach to coach.</li> <li>• An Intermediate Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when learning and teaching skills as part of the process to becoming an Advanced Coach.</li> <li>• An Intermediate Coach cannot coach salto (somersault) skills or skills with inverted rotation involving height and flight.</li> </ul>
<b>Advanced Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• An Advanced Coach can coach independently.</li> <li>• See Appendix B for a list of skills appropriate for an Advanced Coach to coach.</li> <li>• An Advanced Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when learning and teaching skills as part of the process to becoming an Advanced Silver Coach.</li> </ul>
<b>Advanced Silver Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• An Advanced Silver Coach can coach independently.</li> <li>• See Appendix C for a list of skills appropriate for an Advanced Silver Coach to coach.</li> <li>• An Advanced Silver Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when learning and teaching new skills as part of the process to becoming a High Performance Coach.</li> </ul>
<b>High Performance (Gold) (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• There are no training restrictions for a High Performance / High Performance (Gold) Coach.</li> <li>• A High Performance (Gold) Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when coaching.</li> </ul>
<b>Master Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• There are no training restrictions for a Master Coach.</li> <li>• A Master Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when coaching.</li> </ul>

**Appendix A: Beginner and Intermediate Coach Accreditation Skills Matrix**

The skills matrix lists the skills covered in each Gymnastics Intermediate Coach Accreditation Course. It provides a guideline of skills a Beginner and Intermediate Coach can coach. A coach should use skills, which are appropriate for the participant. The skills matrix is not an exhaustive list. An Intermediate Coach has the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the table.



## Gymnastics Australia Coaching Course Gymsport Skill content Appendix A: Beginner and Intermediate Coach Accreditation Skills Matrix

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven bars / High bar	Beam	Dance skills	Dance, choreography musicality
Handstand Forward and backward rolls Limbers forward and backward Walkover forward and backward Cartwheel Courbette / snapdown	Jumping Body bounces Front and back drop rotation skills Handsprings / fliersprings Back handspring	Landings from height Running Hurdle Jumping and takeoff Repulsion from hands	Cast in support Glide swing Long swing Back hip circle Kip progressions	Handstand - lunge and stepdown Cartwheel to side and lunge Bridges Press development Landings - on and off	½ turn on two feet Pique passe 1/2 turns Jump, hop, leap progressions Straight jump Springs, assemble	Posture (beam and floor) Basic ballet positions Basic ballet barre complex Basic floor and beam complex Movement to music
Men's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Pommel horse	Rings	Parallel Bars
Cartwheel Forward and backward rolls Bridge Handstand Courbette / snapdown	Basic jumps and landings Body bounces - front and back Front, back, seat, hands and knees drops Combinations on trampoline Drills for front handspring Drills for back handspring	Running Hurdle and take-off from board Handstand flat-back Basic landings	Tension swings Long hang swings Back hip pullover Back hip circle Cast in support	Double leg circles on mushroom Stride swings	Basket Stretched inverted hang/candle Long hang swings	Cross support swings Long hang swings
Tumbling						
Tumbling skills	Preparation	Other				
Handstand Forward and backward rolls Cartwheel / round-off Handsprings / fliersprings Flick flack	Strength and conditioning	Tumbling connections				
Trampoline						
Basic Skills	Combinations	Twisting	Double Mini Trampoline	Synchronised Trampoline	Trampoline Sports Specific Principles	Routine development
Straight jump, checking landing Basic jumps, kick out Basic landings - seat, front, back, hands and knees	Seat to front Back to front Front to seat Front to back	Feet to feet twisting Half twist to landing - front, back, seat Landing half twist to feet - front, back, seat Full twist skills-full twist to back Roller - seat full twist to seat	Run approach Hurdle onto DMT Basic jumps on DMT Components of DMT Pass construction for DMT		Technical aids for trampoline	Routine construction
Gymnastics for All						
Tumbling	Spring - mini-trampoline, trampoline, vault	Swing - bars	Acrobatics	Small equipment	Hand apparatus	Choreography and dance
Handstand Forward / backward roll Cartwheel Limbers/walkovers Round-off	Landings from height Jumps and shapes Hurdle step to jump take-off Over, around, along, through Tramp drops: hand & knees, seat, front, back Equipment set-ups	Long swing Swing in support Pullover Back hip circle Under swing Glide swings	Front support skills Thigh stands Bridle on feet Box on box	Elastic bands Pool noodles Tunnels Scarves	DMP's for apparatus Throws Rotation Rolls Passing around body Passing under body	Movement to music Moving together Travelling Music mapping Structure of a routine Formations Transitions Performance

**Gymnastics Australia Coaching Course Gymsport Skill content**  
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KinderGym					
Gross and fine motor skills	DMPs	Object management skills	Equipment	Teaching methods	Other
Forward roll Cartwheel Catching Kicking Under arm throwing Dynamic balance	Statics Landing Swing Spring Rotation Locomotion	Propelling Controlling Receiving	Pathways Themes Linking equipment Space Music Modifications and Innovation	Direct Free exploration Group time	Class design Circuit design Planning themes Age characteristics
<b>Aerobic Gymnastics</b>					
	<b>Acrobatic skills</b> Forward roll Backward roll	<b>Static strength</b> L Support Straddle	<b>Dynamic Strength</b> Push-up Tripep Push-up	<b>Turns and split elements</b> Splits / Vertical Split / pancake	<b>Jumps and Leaps</b> Straight jump Tuck jump Jumps with 1/2 and full turns Air Jack Stride leap Scissor leap
<b>Rhythmic Gymnastics</b>					
<b>General</b> Basic ballet and posture, arms and feet positions Basic ballet barre Basic floor progressions Movement to music choreography	<b>Rope</b> Open rope catch Skipping, travelling forward Rotations while balancing on two feet Wraps Vertical Échappé Standing circumduction	<b>Hoop</b> Retro roll Roll over shoulder Small vertical toss Passing (skipping) through Frontal rotations Axis spin	<b>Ball</b> Roll ball down arm Small roll along floor Bounces Small throw and catch in one hand Kneeling body circumduction with handling Rebound off knee	<b>Clubs</b> Balance on toes with club circles Side body wave with tapping Cat leap with overhead clubs Chasse with alternate lateral swings 180° pivot pass clubs behind back Half tosses	<b>Ribbon</b> Skipping with snakes overhead Passé balance with spirals Cat leap through large circle Passé pivot with horizontal circles Catching the end of the ribbon Kneeling circumduction with horizontal circles
<b>JUMPS</b> Waltz, grapevine, step hop Scissor, tuck jump	<b>BALANCES</b> Balance in passe Front horizontal balance	<b>PIVOTS</b> Low arabesque pivot	<b>WAVES</b> Chainé, body waves	<b>FLEXIBILITY</b>	
<b>Acrobatic Gymnastics</b>					
<b>Principles of Acrobatics</b> Points of support and weight transfer Basic grips and hand and feet positions The role of the base, top, middle and "spotter" Entry, exit and readiness Principles of good posture	<b>Individual skills</b> Forward and backward rolls Handstand Limbers Cartwheels - side and step in Courbette / snapdown	<b>Pair balance</b> Bird on feet Supported handstand on feet Standing on shoulders Standing on thighs	<b>Trio balance</b> Category 1 – Two bases, top stands on lower back of base and middle Category 2 – Front support pyramid (two tops) Category 3 – One base in different positions Category 4 – Middle on shoulders of base Category 5 – Standing on thighs with support (middle on feet of base)	<b>Pair dynamic</b> Dynamic – assisted straight jump Dismount – straight jump off back Bird on feet, pop and re-catch Foot pitch straight jump	<b>Trio dynamic</b> Dynamic – jump from floor to basket Dismount – double foot pitch straight jump Catch – sit in platform, throw to dish in basket Foot pitch straight jump
<b>Cheerleading</b>					
<b>Dance</b> Movement to music	<b>Tumbling</b> Handstand Fwd/bwd rolls Limbers/walkovers Cartwheel Roundoff	<b>Jumps</b> Straight Tuck Star Toe Touch Pike Hurdler/Heike	<b>Stunts</b> Angel lift Thigh stand (2 legs) Thigh stand (1 leg) Prep Sponge Prep Cradle 1/4 up	<b>Tosses</b>	<b>Tosses</b>
					<b>Dance, choreography, musicality</b> Basic ballet positions Basic ballet barre complex Demonstrate an understanding of different beats Body movements at different tempos Selection of age appropriate music