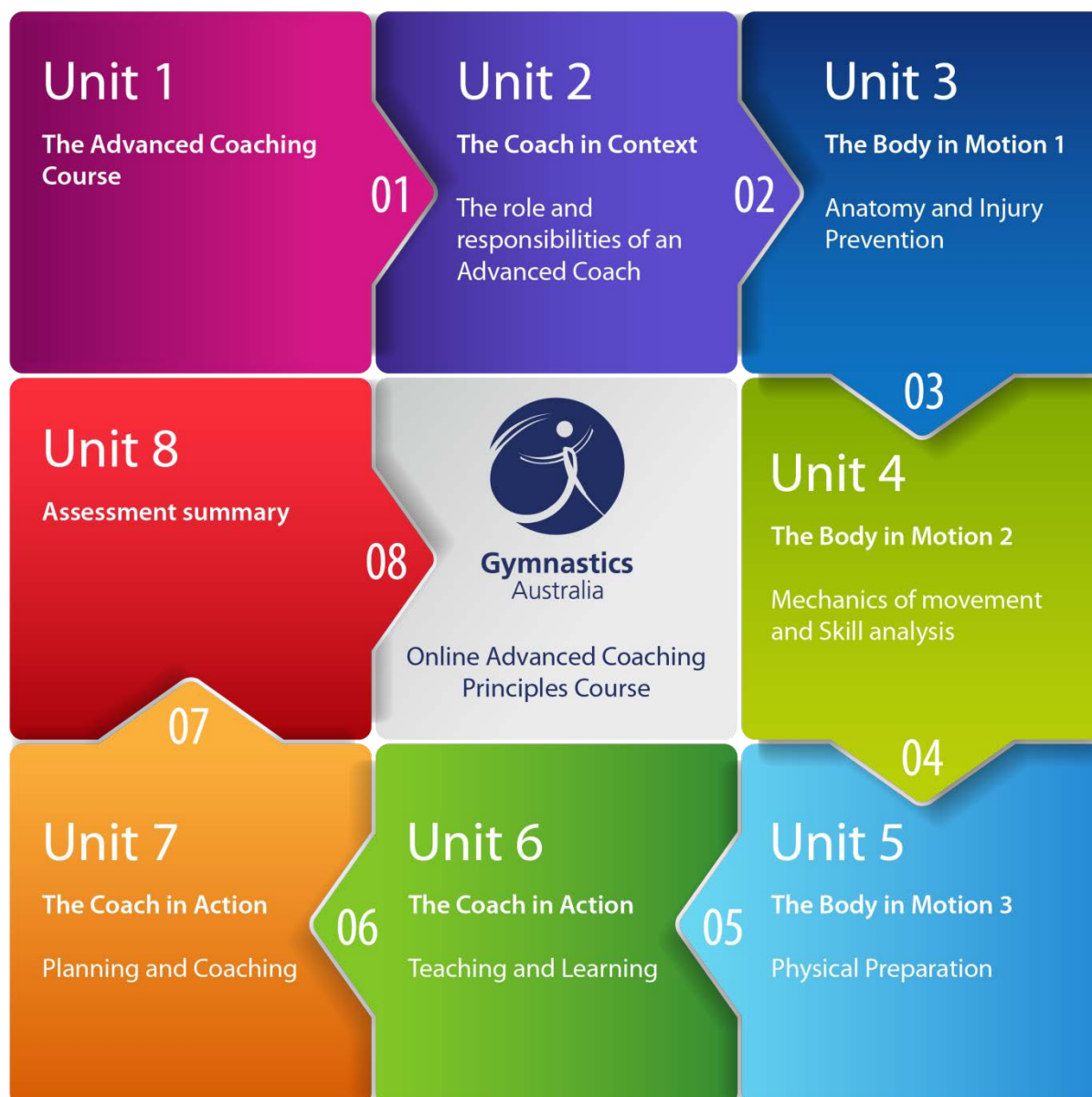


Advanced Coaching Course Content

The table below gives a brief overview of the general principles content included in the Online Advanced Coaching Principles Course.

Online Advanced Coaching Principles Course



Topic title	Content
The Advanced Coaching Course	<ul style="list-style-type: none"> • An overview of the course • An overview of assessment • Coaching in the sports industry • Artistry in gymnastics
The Coach in Context – the role and responsibilities of an Advanced Coach	<ul style="list-style-type: none"> • The workplace and philosophy of coaching • The Coach as a Program Manager • The Coach as a Mentor • Inclusive coaching • Coaching Safely • Spotting and the Advanced Coach
The Body in Motion 1 – Anatomy and Injury Prevention	<ul style="list-style-type: none"> • Basic anatomical terminology • The skeletal system • The muscular system • Gymnastics Injury and prevention
The Body in Motion 2 – Mechanics of movement and skill analysis	<ul style="list-style-type: none"> • The mechanics of movement • Prevailing Body actions in gymnastics • Analysis movement – subjective and objective skill analysis
The Body in Motion 3 – Physical Preparation	<ul style="list-style-type: none"> • Energy for performance • Nutrition for performance • Physical abilities • Principles of training • Training physical abilities • Program design, implementation and review
The Coach in Action – Teaching and Learning	<ul style="list-style-type: none"> • Motor learning and skill acquisition • Factors affecting learning • Providing an environment that promotes skill learning and development • Coaching athletes as individuals • Maximising the Gymnastics environment • Self-reflection
The Coach in Action – Planning and Coaching	<ul style="list-style-type: none"> • Integrated planning in gymnastics • Planning structure - phases of season • Annual training plan • Season training planning • Implementing your plan • Monitoring, modifying and adjusting the season plan • Review and evaluation

Online Advanced Coaching Gymsport Coaching Course

Topic title	Content
Introduction to Gymsport	<ul style="list-style-type: none"> • Competition requirements • Specific strength components • Specific Gymsport nuances
Gymsport skill development (Number of topics varies per Gymsport)	<ul style="list-style-type: none"> • Coaching the skills specific to Gymsport • Linking the mechanical principles and theory to practice

Gymsport Advanced Face to Face Coaching Course

Topic title	Content
Coaching the salto	<ul style="list-style-type: none"> • Front and back salto • Learn, practice and be assessed on drills, progressions and spotting the salto
Coaching skills specific to the Gymsport	<ul style="list-style-type: none"> • Coach a range of skills safely appropriate to the Gymsport • Reinforce key coaching points • Coach skills to a group • Analyse, discuss and review coaching sessions