



**Gymnastics**  
Australia

**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.

<b>Course structure</b>	There are two parts to the Beginner Coach Accreditation <ul style="list-style-type: none"> <li>• Beginner Online Course</li> <li>• Beginner Face to Face Course</li> </ul>
<b>Pre-requisites</b>	14 years and above
<b>Duration</b>	Course duration will vary based on the time it takes to complete the Online Course: <ul style="list-style-type: none"> <li>• Beginner Online Course – from 2 to 8 hours</li> <li>• Beginner Face to Face Course – 1 day</li> </ul>
<b>Cost</b>	Two payments are required: <ul style="list-style-type: none"> <li>• \$100 Beginner Online Course (includes technical membership fee for new Technical Members)</li> <li>• \$110 to \$145 – Beginner Face to Face Course (check with State/Territory Association)</li> </ul>
<b>Registration</b>	Register and pay via the Gymnastics Australia Learning Management System (LMS) <a href="http://www.learning.gymnastics.org.au">www.learning.gymnastics.org.au</a>
<b>Course content</b>	An overview of the course content is listed below: <ul style="list-style-type: none"> <li>• Coach beginner or novice participants to develop fundamental motor skills</li> <li>• Assist in preparing and conducting sport and recreation sessions</li> <li>• Develop and update knowledge of coaching practices</li> </ul>
<b>Assessment</b>	All assessment takes place during the online training and face to face course: <ul style="list-style-type: none"> <li>• Beginner Online Course – 100% in multiple choice type questions</li> <li>• Beginner Face to Face Course – successfully complete practical assessment tasks at face to face course</li> </ul> <p>The online course and assessment tasks must be completed <b>PRIOR TO REGISTERING</b> for the Face to Face Course.</p>
<b>Qualification</b>	Four units of competency will be issued on completion of the Beginner Coach Accreditation: <ul style="list-style-type: none"> <li>• SISSSCO101 Develop and update knowledge of coaching practices</li> <li>• SISSSCO202 Coach beginner or novice participants to develop fundamental motor skills</li> <li>• SISXCAI102A Assist in preparing and conducting sport and recreation sessions</li> <li>• SISSYN201A Teach Fundamental gymnastics skills</li> </ul> <p>See Coach Education Framework and Accreditation Policy for further details on the qualification</p>
<b>Career outcomes</b>	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.

<b>Course structure</b>	<p>There are four parts to the Intermediate Coach Accreditation</p> <ul style="list-style-type: none"> <li>• On the job training (Pre-course Workbook and 20 coaching hours)</li> <li>• Intermediate Online Course General</li> <li>• Intermediate Online Course Gymsport Specific</li> <li>• Intermediate Gymsport Face to Face Course</li> </ul> <p>Please note that if you would also like to gain SIS20513 Certificate II Sport Coaching then it is compulsory to complete HLTAID003 Provide first aid. This needs to be arranged by the individual*.</p>
<b>Pre-requisites</b>	<p>The pre-requisites for the course are:</p> <ul style="list-style-type: none"> <li>• 16 years or older</li> <li>• 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.)</li> </ul>
<b>Duration</b>	<p>Course duration will vary based on the time it takes to complete the on the job training and online course:</p> <ul style="list-style-type: none"> <li>• On the job training – a minimum of 20 hours coaching</li> <li>• Online Course General and Specific – from 4 to 12 hours</li> <li>• Face to Face Intermediate Course (Gymsport specific) – 1 day</li> </ul> <p>It is recommended that the on the job training and the online courses are completed concurrently.</p>
<b>Cost</b>	<ul style="list-style-type: none"> <li>• \$100 Intermediate Online Course (General and Gymsport specific)</li> <li>• \$50 for the Gymsport specific component of the online course</li> <li>• \$110 to \$195 – Face to Face Intermediate Course (check with State/Territory Association)</li> </ul>
<b>Registration</b>	<p>Register and pay via the Gymnastics Australia Learning Management System (LMS) <a href="http://www.learning.gymnastics.org.au">www.learning.gymnastics.org.au</a></p>

\* Please see the Coach Education Framework and Accreditation Policy or contact your State/Territory Association for detailed information on how to gain a Certificate II Sport Coaching.

<b>Course content</b>	<p>An overview of the course content is listed:</p> <ul style="list-style-type: none"> <li>• Teach fundamental gymnastics skills relevant to the Gymsport</li> <li>• Work effectively in sport, recreation and business environments</li> <li>• Provide equipment for activities</li> <li>• Develop and update sport, fitness and recreation industry knowledge</li> <li>• Organise and complete daily work activities</li> <li>• Follow work health and safety policies and implement sports injury prevention</li> <li>• Communicate effectively with others in a sport environment</li> </ul>
<b>Assessment</b>	<p>Assessment takes place during the on the job experience, online training and face to face course:</p> <ul style="list-style-type: none"> <li>• Pre-course Workbook – successful completion signed by Supervisor</li> <li>• Intermediate Online Course – 100% in multiple choice type questions</li> <li>• Face to Face Intermediate Course – successfully complete practical assessment tasks</li> </ul> <p>The Pre-course Workbook, Online Generic and Online Gymsport Specific courses and assessment tasks must be completed <b>PRIOR TO REGISTERING</b> for the Face to Face Course.</p>
<b>Qualification</b>	<p>8 units of competency will be issued on completion of the Intermediate Coach Accreditation:</p> <ul style="list-style-type: none"> <li>• BSBWOR202A Organise and Complete daily work activities</li> <li>• SISSSDE201 Communicate effectively with others in a sport environment</li> <li>• SISXIND211 Develop and update sport, fitness and recreation industry knowledge</li> <li>• SISXWHS101 Follow work health and safety policies</li> <li>• SISXIND101A Work effectively in sport and recreation environments</li> <li>• BSBIND201A Work effectively in a business environment</li> <li>• SISXCAI101A Provide equipment for activities</li> <li>• SISSSPT201A Implement sports injury prevention</li> </ul> <p>The SIS20512 Certificate II Sport Coaching may be issued when HLTAID003 Provide First Aid is also completed.</p>
<b>Career outcomes</b>	<p>A Gymnastics Australia Intermediate Gymnastics Coach (Gymsport specific) can coach fundamental gymnastics skills in a Club or other gymnastics venue.</p>

## 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.

<b>Course structure</b>	<p>There are four parts to the Advanced Coach Accreditation</p> <ul style="list-style-type: none"> <li>• Online Advanced Coaching Principles Course</li> <li>• Online Advanced Gymsport Coaching Course</li> <li>• Gymsport Advanced Face to Face Course</li> <li>• First Aid Certificate</li> </ul>
<b>Pre-requisites</b>	<p>The pre-requisites for the course are:</p> <ul style="list-style-type: none"> <li>• 17 years or older</li> <li>• An Intermediate Coach Accreditation (or exemptions to this course)</li> </ul>
<b>Duration</b>	<p>Course duration will vary based on the time it takes to complete the online course, on the job assessments and online assessments:</p> <ul style="list-style-type: none"> <li>• Online Advanced Coaching Principles, includes 2 workplace assessments</li> <li>• Online Advanced Gymsport Coaching Course, includes 1 assessment</li> <li>• First Aid Certificate (please complete the certificate HLTAID003 Provide First Aid) – to be organised by participant</li> <li>• Face to Face Advanced Course (Gymsport specific) – up to 2 days depending on the Gymsport</li> </ul>
<b>Cost</b>	<ul style="list-style-type: none"> <li>• \$120 – Online Advanced Coaching Principles and Gymsport Coaching Course</li> <li>• \$50 – Online Advanced Gymsport Coaching Course only</li> <li>• \$ TBC – Advanced Face to Face Course, see state/Territory Association</li> </ul>
<b>Registration</b>	<p>Register and pay via the Gymnastics Australia Learning Management System (LMS) <a href="http://www.learning.gymnastics.org.au">www.learning.gymnastics.org.au</a></p>
<b>Course content</b>	<p>An overview of the course content is listed:</p> <ul style="list-style-type: none"> <li>• The coach in context</li> <li>• The body in motion – anatomy and injury prevention</li> <li>• The body in motion – mechanics of movement and skill analysis</li> <li>• The body in motion – physical preparation, training and development</li> <li>• The coach in action – learning and teaching</li> <li>• The coach in action – planning and coaching</li> <li>• How to coach advanced Gymsport skills</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Assessment takes place during the online training and the face to face course.</li> <li>• Three assessment tasks to be completed in the workplace.</li> <li>• The online assessment tasks and the first aid certificate must be completed <b>PRIOR TO REGISTERING</b> for the Face to Face Course.</li> </ul>
<b>Career outcomes</b>	<p>A Gymnastics Australia Advanced Gymnastics Coach (Gymsport specific) can coach advanced gymnastic skills in a Club environment and prepare gymnasts to enter competitions.</p>

## 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.

<b>Course structure</b>	There are two parts to the Advanced Silver Coach Accreditation <ul style="list-style-type: none"> <li>• Pre-course learning (where required)</li> <li>• FIG Level 2 Academy Course (Gymsport specific)</li> </ul>
<b>Pre-requisites</b>	The pre-requisites for the course are: <ul style="list-style-type: none"> <li>• 18 years or older</li> <li>• An Advanced Coach Accreditation.</li> </ul> <p>Please note: a coach who has been transitioned into an Advanced Accreditation may be required to complete additional pre-requisites prior to completing a FIG Level 2 Academy Course. The minimum requirement will be to complete the Online Advanced Coaching Principles.</p>
<b>Duration</b>	The course is an 8-day, intensive, residential course.
<b>Cost</b>	Course cost will vary based on location and will be advertised with course details.
<b>Registration</b>	Method of registration will be advertised when course information is released.
<b>Course content</b>	An overview of course topics is listed: <ul style="list-style-type: none"> <li>• <b>Anatomy</b> – growth plates, specific joints, muscles at major joints</li> <li>• <b>Biomechanics</b> – flight &amp; dismounts &amp; landings, twisting, energy concepts</li> <li>• <b>Physiology</b> – training terminology, endurance, strength training principles</li> <li>• <b>Psychology</b> – motivation &amp; arousal, anxiety &amp; stress, attention &amp; flow</li> <li>• <b>Planning</b> – periodization, effective monitoring, annual plan</li> </ul>
<b>Assessment</b>	Assessment takes place during the course and will include a theory and practical exam.
<b>Career outcomes</b>	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.

<b>Course structure</b>	There are two parts to the High Performance Coach Accreditation <ul style="list-style-type: none"> <li>• Pre-course learning</li> <li>• FIG Level 3 Academy Course (Gymsport specific)</li> </ul>
<b>Pre-requisites</b>	The pre-requisite for the course is an Advanced Silver Coach Accreditation.  Please note: a coach who has been transitioned into an Advanced Silver Accreditation may be required to complete additional pre-requisites prior to completing a FIG Level 3 Academy Course.
<b>Duration</b>	The course is a 9-day, intensive, residential course.
<b>Cost</b>	Course cost will vary based on location and will be advertised with course details.
<b>Registration</b>	Method of registration will be advertised when course information is released.
<b>Course content</b>	Course topics will be presented from the list below: <ul style="list-style-type: none"> <li>• <b>Review</b> – anatomy, physiology, biomechanics</li> <li>• <b>Biomechanics</b> – mechanics of injuries, elasticity of apparatus, vibration of apparatus</li> <li>• <b>Medical</b> – growth and maturation, understanding injuries, overtraining</li> <li>• <b>Psychology</b> – mental toughness, personality types</li> <li>• <b>Planning</b> – quadrennial planning, team management, special topics</li> </ul>
<b>Assessment</b>	Assessment takes place during the course and will include a theory and practical exam.
<b>Career outcomes</b>	A High Performance Accreditation provides the skills and knowledge for an individual to undertake a career as a coach at national / international level.