



KWAZULU-NATAL GYMNASTICS UNION

☎ 031 7021768 & 📄 086 515 3468
✉ : P O Box 10113 ♦ Ashwood ♦ 3605

www.kzngymnastics.org.za

admin@kzngymnastics.org.za

Date	:	08 /04 / 2020
Email to	:	Clubs , Schools and KZNGU Exco Members
From	:	KZN office

CIRCULAR 10 / 2020

Level 1 Coaches Training

Save the date :- 1 & 2 May 2020 @ Pinetown Gymnastics Club (note this may have to be pushed back depending on Covid-19 restrictions – Reserve date = 20 & 21 June)

Please remember that all coaches that wish to be appointed to assist at the Zone Festival & Gymnastics Games will need to have at least a Level 1 qualification.

1. COURSE FORMAT

- Home study – Level 1 manual – theory content (6 hours)
- Home study – answer questions in Level 1 manual (2 hours)
- 2 x 1day theory and practical workshop [16 hours]
 - Power point presentations with embedded videos & quizzes
 - 7 x knowledge questionnaires
 - 1 x 20 hours Learner Logbook (incl. assessments)
- Post course work – to be completed BEFORE the discipline specific workshops 10 & 11 July 2020
 - Observing training sessions at recognised clubs /institutions (10 hours)
 - Research: find and watch videos of body preparation/ lead up activities/ skill progressions on internet (4 hours)
 - WORKPLACE: Planning and delivery of 3 x 15 minutes warm up /physical preparation / cool down activity (logbook assignments) (2 hours)
- Safeguarding workshop (5 hours)
- Discipline specific workshop (5 hours)- **save the date = 10 & 11 July 2020**
- Issue of Level 1 certificate of competence

2. Entry will be “online” (prerequisite will be GL – 2020 candidates must have submitted their post course work)

- Entries open on 8 April 2020 and close on 22 April 2020 (give us time to see if we can work again !!)
- Course fee = R500 (CAT A) / R300 (CAT C)

3. COURSE OVERVIEW

ON COURSE WORK (contact time)			
DAY 1:			
MODULE	UNIT	DELIVERY STRATEGIES	DURATION
1. Basic Biomechanics and Anatomy for gymnastics	Basic biomechanical laws Biomechanical laws in gymnastics Dominant Movement Patterns vs. Basic Biomechanical Principles The planes and axis in gymnastics Aspects of the Human Body Functional Anatomy		2,5 hours
2. Physical preparation for gymnastics	Component of physical fitness and key physical abilities in gymnastics Application of physical preparation in the lesson: <ul style="list-style-type: none"> • Warm up • Fun activities/Games • Partner activities • Circuits Gymnastics Skills Rehearsal Specific Preparation: Skills Training	The Handstand On Day 2	3 hours
3. The Gymnastics Coach in Training sessions	Positive Coaching Ages and Stages of Development Teach gymnastics effectively Coaches' Profile		2 hours
		TOTAL	7,5 hours
DAY 2:			
MODULE	UNIT	DELIVERY STRATEGIES	DURATION
4. Gymnastics Coach at events and competitions	Responsibilities Protocols Basic Judging		1.5 hours
5. Planning for Gymnastics	Principles of planning SMART system for gymnastics Control system and assessments		2 hours
6. Safety in Gymnastics	Aspects of safety Prevention Key actions of treating injury First Aid and procedures Gymnasts with diabetes - AIDS	On Day 1	1,5 hours
7. Club Management	Establish a club Responsibilities of club manager Club Administration and communication Safeguarding procedures and protocols		2 hours
		TOTAL	7 hours