Training Your Staff with the Fundamentals of Gymnastics Instruction Course

USA Gymnastics is pleased to raise the bar for education within our Member Clubs. Your club’s benefits now include the use of The Fundamentals of Gymnastics Instruction course for the continual period of your 12 month membership. Your club will be registered within 20 days of processing your membership. Please review the instructions below before you begin this course.

This course has been designed with a printable version of the audio/video portions of each chapter. You may choose to print this information prior to your training session and use it as a guide. Additionally, this course was designed in progressive segments, making this a perfect companion to your training regimen.

Remember, whether you are training a new coach or seasoned coach, it’s always important to stress the basics of gymnastics as well as continued education.

(Note: PLEASE DO NOT ANSWER THE QUESTIONS TO THE QUIZZES ONLINE AS YOU CAN’T ERASE THE ANSWERS. YOU CAN PRINT EACH QUIZ TO HAND OUT TO YOUR STAFF)

Click HERE to download the Master Answer Sheet

To access this course, please follow this link to our Education home page: http://usagym.org/pages/education/courses/U100/ and select The Fundamentals of Gymnastics Instruction.

- Scroll to the bottom of the page and click on “BEGIN/CONTINUE COURSE”. You will use this function each time you utilize this course.
- You will have a choice of courses, again, please select The Fundamentals of Gymnastics Instruction.
- Enter your club’s member number and your club’s password
- Click on the “Getting Started” Adobe logo, just above the Chapter One title.

This tutorial will explain how to maneuver through this course as well as computer requirements and helpful hints.

We hope that this course is a fun and innovative way to teach your coaches the importance of building better athletes through guidance, communication and quality skill development while providing a friendly and safe environment.
Question 1
Gymnastics is defined as physical exercises designed to develop and display strength, balance, and agility, especially those performed on or with specialized apparatus.
- True  ○ False

Question 2
Which of the following statements is true?
- Gymnastics has been around since at least the time of Ancient Greece and Rome.
- Gymnastics began in the 1800s.
- Only artistic gymnastics is included in the Olympics.
- Women’s gymnastics was an Olympic event before men’s gymnastics was added.

Question 3
There are many benefits of gymnastics. Which of the following is NOT considered a benefit?
- Cognitive
- Learning to play piano
- Emotional
- Physical

Question 4
Gymnastics differs from other sports for all of the following reasons, except:
- There are thousands of skills that make up gymnastics.
- It can be easily learned and practiced at home.
- A great deal of strength and flexibility is required to perform gymnastics skills.
- Beginners practice only beginning skills before progressing to intermediate, then more advanced skills.

Question 5
Match the gymnastic discipline with its description. Place the letter in front of the correct description.
A. Aerobic Gymnastics  E. Gymnastics for All
B. Men’s Gymnastics  F. Women’s Artistic
C. Acrobatic Gymnastics  G. Trampoline & Tumbling
D. Rhythmic

F. There are four events included in the competitive program: balance beam, vault, uneven bars, and floor exercise.
D. Routines feature elements, body movements, and dance combined with handling small equipment including: rope, ball, clubs, ribbon, and hoop.
G. Both men and women participate in each of the four events: trampoline, synchronized trampoline, double mini-trampoline, power tumbling.
C. Combines dance, gymnastics skills, choreography, and synchronization. Athletes perform with partners as: women’s pairs, men’s pairs, mixed pairs, women’s group (3), men’s group (4).
E. Combines a diverse range of movements, exercises, and gymnastics skills – from all disciplines – that contribute to the physical, emotional, and social well-being of the participants. There are both competitive and non-competitive.
B. There are six events included in the competitive program: parallel bars, still rings, floor exercise, pommel horse, and horizontal bar.
A. Demonstrates cardiovascular endurance and high levels of fitness. Performance categories include: men’s individual, women’s individual, mixed pairs, trios, groups (6 gymnasts).
Question 1
Proper supervision is essential for the safety and well being of all athletes in a gymnasium. When you are working with a child on the balance beam, what can you do to ensure the other athletes in your class are safe and engaged?
- Have the athletes sit on the floor to “watch and learn.”
- Have the athletes stand in line until it is their turn.
- Ask another athlete to assist in spotting the child on the beam.
- Keep the athletes busy at multiple stations and position yourself to see all activities.

Question 2
As you strive to become a great teacher, which of the following should you keep in mind? (select all that apply)
- Keep activities fun and at a safe but exciting pace.
- Use both negative and positive communication to help the athletes understand their mistakes.
- Help athletes to learn skills in a progressive way.
- If you are tired, it’s alright to lack excitement for your athlete’s progress.
- Criticize athletes so they overcome their fears and shyness.
- Regularly provide safety education.
- Seek continuing education opportunities and certifications.

Question 3
More than half of all communication is non-verbal.
- True  ❌ False

Question 4
Which of the following are examples of positive communication? (select all that apply)
- Look at the end of the beam while you walk.
- Only one person on the trampoline at a time.
- Get off the tramp now!
- Let’s see who can do the best.
- You need to be doing a headstand against the wall so you can work on your hand placement.
- Sarah, why are you crying? No one else is crying. Be a big girl.
- Don’t look down at your feet.

Question 5
Watching a group perform a warm-up activity is an example of direct supervision.
- True  ❌ False

Question 6
Instruction provides athletes the information necessary to safely participate and learn gymnastics skills. Which of the following is not a part of the instruction process?
- Skill Teaching
- Attending to the Athletes
- Uniform Selection
- Providing Feedback

Question 7
You have been working with a gymnast for 4 classes and she does not seem to understand how to land her dismount off the uneven bars. From the choices below, what is the best way to help the gymnast?
- Talk to her parents to see if she has a learning problem, and then suggest private lessons.
- Have the gymnast move ahead to the next skill so she can keep up with the class.
- Be patient, continue to encourage her progress, provide clear instructions, and break down the skill into smaller components if possible.
- None of the above.

Question 8
Review the incomplete compliment sandwich below and determine the statement that best completes it.
Statement 1: Sarah, great job keeping your arms straight.
Statement 2: ________________
Statement 3: And I liked the landing. Nice stick.
- Next time, point your toes, keep your legs together, be tighter, and go a bit faster.
- I loved how you maintained your body position.
- Make sure you stay tight.
- But just about everything else was wrong!

Question 9
Feedback is most effective when: (select all that apply)
- Unsafe behavior is addressed immediately.
- It is saved until the end of class.
- Multiple errors are addressed at the same time.
- Genuine excitement is shown for an athlete’s effort.
- Specific corrections are given.

Question 10
When teaching a new skill, only compliment students when they can successfully and consistently demonstrate the entire skill with proper technique.
- True  ❌ False
Question 1
Headstands are not necessarily restricted for preschool-age children. They serve an important developmental purpose and are progressions for many other skills.

- True
- False

Question 2
As part of the safety team, gymnasts should also understand and follow which of the following guidelines:

- Be supervised
- Check personal equipment
- Communicate clearly
- All of the above

Question 3
You are working with a group of gymnasts on proper landing technique. What components should be incorporated into a safe landing position? Select all that apply.

- Knees slightly bent
- Chin to chest
- Back arched
- Arms extended to the front, straight, and level with the heart

Question 4
Place in order (1st, 2nd & 3rd) the steps for following the established standards for emergency first aid response.

1. Call
2. Check
3. Care

Question 5
Safety includes proper gymnastics attire. From the list below, select the items that should NOT be worn to a gymnastics class. (select all that apply.)

- Leotard (girls)
- Jewelry
- Non-baggy shirt and shorts (boys)
- Gymnastics shoes
- Long hair that is unsecured
- Athletic shoes

Question 6
Which of the following are ways to help prevent injuries?

- Coach, athlete, and parent education
- Using apparatus and equipment properly
- Proper preparation for gymnastics
- All of the above

Question 7
You are working with your gymnasts in the loose foam pit area. Which action by your students would be considered a safety concern?

- Gymnasts are entering the pit from a solid surface.
- A coach assists a gymnast out of the pit by lifting her under her arms.
- A gymnast lands feet first into the pit.
- Gymnasts are entering the loose foam pit at the same time from opposite ends of the pit.

Question 8
Emergency action plans are very helpful in dealing with emergency situations. All of the following should be included in an emergency action plan EXCEPT:

- Definition of roles during an emergency
- Phone number for the local pizza place
- Communication protocols
- Step-by-step actions to be taken

Question 9
To perform a recovery roll, the athlete should:

- Roll in the direction they are traveling
- Stop immediately so they lose momentum
- Attempt to roll in the opposite direction to slow their speed
- Only roll forward no matter what

Question 10
A gymnast in your class sustains a minor injury. What is the universal first aid procedure used to treat minor injuries such as strains, sprains, and bruises?

- Relax, Ice, Compression, Elevation
- Rest, Ice, Compression, Elevation
- Rest, Injections, Cold Ice, Elevation
- Relax, Ice, Compression, Exercise
Question 1
Appropriate class ratios are important to the safety, organization and achievement of the group. Match the recommended child-per-instructor ratio with the type of class.

<table>
<thead>
<tr>
<th>Ratio</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:1</td>
<td>Parent-child class</td>
</tr>
<tr>
<td>6:1</td>
<td>Three-year-old class</td>
</tr>
<tr>
<td>8:1</td>
<td>Four- or five-year-old class</td>
</tr>
<tr>
<td>8-10:1</td>
<td>School-age class</td>
</tr>
<tr>
<td>10-12:1</td>
<td>Pre-team group</td>
</tr>
</tbody>
</table>

Question 2
Coach Mary has called in sick from her class. From what you have learned about class management, what should the substitute coach expect when covering for Coach Mary?

- A phone call from Coach Mary explaining what the substitute can do in the class.
- A detailed lesson plan for the class and a class roster.
- Another coach to assist her with the class that has worked with Coach Mary before.
- None of the above.

Question 3
Which of the following statements below involving lesson plans is INCORRECT?

- Good lesson planning or practice scheduling is a main component of class management and healthy discipline.
- Coaches who are prepared, organized, and flexible with their lessons will keep the athletes busy and have fewer behavior and discipline problems.
- Coaches should never deviate from their lesson plans.
- Coaches and instructors should have a clear picture—specific goals, outcomes, improvements—for their athletes.

Question 4
Your class begins at 5 p.m. You are running late and were unable to properly set up before the class starts. The coach before you did not clean up all of the equipment she had out for her class and you did not take notice. One of your students falls when he is playing on the piece of equipment that the previous coach left out. How do you handle the situation?

- Blame the previous coach who had left out the equipment and did not put it away.
- Accept responsibility for the incident, since you should have set-up properly in advance.
- Tell the student that fell that he should have told you the equipment was there.
- Call the other coach over, ask her to move the equipment, let her know she should not have left it out.

Question 5
Which of the following statements regarding lesson plans is FALSE?

- Lesson plans can easily be copied from one club program to the next since gymnastics is gymnastics.
- The lesson plan is an important source for establishing accountability for a program. Lesson plans provide a record of activity that takes place in each class.
- Lesson plans help to set expectations and goals for your classes as well as generating excitement by breaking the class into short segments.
- Lesson plans allow the teacher to be organized and prepared for each class. This leads to better class management and a more effective learning environment for the athletes.
Question 1
Which of the following developmental characteristics best relates to a preschool-age child?

- Failure may lead to feelings of inferiority and self-doubt.
- Imitation is a main teaching tool.
- Search for identity is a major developmental task.
- Fairness becomes important to the child.

Question 2
You are teaching a class of preschool students. You have the children jumping on the trampoline. One child is afraid to jump. Knowing that children develop at different rates, what can you do for this child in this situation?

- Encourage them to try new things regardless of their rate of progression, but accept it if they do not want to participate in this activity.
- Force them to participate in the activity.
- Have all the children stop the trampoline activity and move on to an activity all the children like.
- See if there is another class more appropriate for the child.

Question 3
Warm-up activities help to get the body warmed up and should be performed at the beginning of class. What are the recommended steps in a warm-up?

- Cardio for 3-5 minutes, light stretching, and skill rehearsal
- Cardio for 10-15 minutes, light stretching, and cool down
- Stretch, skill rehearsal, and drills
- None of the above

Question 4
A key component of fitness and preparation for gymnastics activities is nutrition. In an ideal situation, a child should be able to go five hours between meals.

- True
- False

Question 5
As a gymnastics coach or instructor you are only teaching children physical skills, and do not need to worry about mental and social development.

- True
- False

Question 6
Your role as a coach is very important no matter what a gymnast’s age, however, your role will need to change according to the age of the gymnast. What are some considerations for pre-adolescent (6-10 years old) athletes?

- As the coach, focus on fun and skill development over competition.
- Encourage problem solving skills.
- Present yourself in a way that warrants respect from the athletes and their parents.
- All of the above

Question 7
A conditioning program helps athletes develop their physical fitness and better prepare for gymnastics activities. Conditioning involves basic or beginning level moves and does NOT need to be continually supervised.

- True
- False

Question 8
A “cool-down” provides a smooth transition for the body from an elevated state to a resting state.

- True
- False

Question 9
Benefits of a proper warm-up include all of the following EXCEPT:

- Injury prevention
- Better muscle control
- A time to recognize athlete’s accomplishments
- Psychological preparation

Question 10
You start teaching a class of 5-year-olds. This is the first physical activity the children have ever been involved in besides basic outdoor play. What skills should you focus on?

- Back handsprings
- Fundamental movement skills such as agility, balance, coordination, and speed
- Compulsory skills to get them ready for competition
- All of the above
**Question 1**
Rotations can be divided into three categories including all of the following EXCEPT:
- Vertical rotation
- Anterior-posterior rotation
- **Diagonal rotation**
- Horizontal rotation

**Question 2**
Which of the following is the most important skill in gymnastics?
- Springs
- Locomotions
- Rotations
- **Landings**

**Question 3**
The six dominant movement patterns covered in this chapter include landings, statics, locomotions, rotations, running and swings.
- True
- False

**Question 4**
In your recreational gymnastics class, you are introducing the cartwheel for the first time. What is the first step you should take to successfully teach this skill?
- Have one of the students demonstrate a cartwheel while you spot them.
- Provide directions about where to practice the cartwheel.
- **Tell the students the name of the skill and why it is important to learn.**
- Without explanation, have the students perform a cartwheel while you spot them through it.

**Question 5**
Which of the following are true statements regarding spotting? Choose one answer.
- Spotting should not eliminate the use of drills and proper progressions.
- Spotting is helpful in teaching new skills because it enables kinesthetic learning.
- Spotting can help the gymnast understand correct positions.
- **All of the above**