



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Sport: Gymnastics

Discipline: Active Start Gymnastics

Context: CS Initiation

Participant age group: 6 months to 5 years

Age range of coaches: 16 years and older

Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Support to Athletes in Training	T	E
Analyze Performance	T	E
Design a Sport Program	n/a	n/a
Support the Competitive Experience	n/a	n/a
Manage a Sport Program	n/a	n/a
**Sport-specific outcomes	n/a	n/a

Make Ethical Decisions and Planning a Practice are integrated into Gymnastics Foundations training courses.

Training Description:

3 Training courses and 1 coaching Practicum to achieve 'Trained designation':

- 1st course = Gymnastics Foundations Technical course. This 15-hour in-gym course is designed as a multi-gymnastics course. Coaches learn the components of Gymnastics' 3F Philosophy (Fun, Fitness and Fundamentals), common safety, and common gymnastics fundamental movement patterns (FMP).
- 2nd course = Gymnastics Foundations Theory course. This 8-hour theory course is designed as a multi-gymnastics course. The MED and PP have been customized for gymnastics sports.
- 3rd course = Active Start Gymnastics Foundations course. This 8-hour in-gym course is designed for coaches working with preschool age children. Coaches are introduced to the AS approach, the AS child, the AS lesson, and the AS program.
- The coach must complete a minimum 10-week coaching practicum and workbook before he/she can take the 2nd course.

Evaluation Description:

- Completion of the online evaluation of the Make Ethical Decisions module
- Completion of Coach's portfolio
- Completion of video evaluation

Learning Facilitator & Evaluator training:

- LF and LE must meet GCG LF and LE guidelines
- LF Training course is given over 3 days.

NSO Contact Information

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Coaching
Association
of Canada

Association
canadienne
des entraîneurs

3 most innovative features of your program:

1. Gymnastics Foundations course for all gymnastics sports that covers 'commonalities' between gym sports.
2. Integration of MED and PP theory into gymnastics coach education program (theory customized for gym sports).
3. 10-week Practical component between first 2 course to help prepare coach for Theory course.

OUTCOME	CRITERIA	Multi-sport module	Integration
Make Ethical Decisions	<ul style="list-style-type: none"> • Apply an ethical decision making process 		Integrated
Plan a Lesson	<ul style="list-style-type: none"> • Identify appropriate logistics for the lesson • Plan appropriate activities in each part of the lesson • Design an emergency action plan 		Integrated
Analyze Performance	<ul style="list-style-type: none"> • Observe and detect fundamental movement patterns and/or skills • Correct fundamental movement patterns and/or skills 		
Provide Support to Athletes in Training	<ul style="list-style-type: none"> • Ensure that the lesson environment is safe • Lead participants in age appropriate activities • Implement a structured and organized gymnastics lesson • Make interventions that promote learning in a Fun approach (lots of games) 		
Manage a Program	<ul style="list-style-type: none"> • Communicate program philosophy and logistical factors • Report on participant's progress throughout program 		