

- 1) All skills can be built up by simply adding up degrees of rotation on all axes of rotation?  
(CIRCLE ONE)

True      False

- 2) Name the following skills by adding up the degrees of rotation: (5 marks)

- a) 360 degrees on front flip axis + 180 degrees on Twisting Axis = \_\_\_\_\_  
b) 270 degrees on back flipping axis + 360 degrees on Twisting Axis = \_\_\_\_\_  
c) 720 degrees on side flip axis + 720 degrees on twisting axis = \_\_\_\_\_  
d) 1,440 degrees on back flip axis + 1,440 degrees on twisting axis = \_\_\_\_\_  
e) 990 degrees on front flip axis = \_\_\_\_\_

- 3) If you are a left twister, which direction would you land facing (Left Or Right) at the end of each of these skills? (5 marks)

- A) 360 degrees on back flip axis + 270 degrees on twisting axis = \_\_\_\_\_  
B) 1,080 degrees on front flip axis + 630 degrees on twisting axis = \_\_\_\_\_  
C) 1,440 degrees on Front Flip Axis + 810 degrees on twisting axis = \_\_\_\_\_  
D) 360 degrees on Back Flip + 1,530 degrees on twisting axis = \_\_\_\_\_  
E) 990 on back flip axis + 990 degrees on twisting axis = \_\_\_\_\_

- 4) In the following questions describe your landings if you are a Right Twister for the following skills: (10 marks)

- i) Which direction you will land facing compared to take off (*ie. Forwards, Backwards, Facing Left, Facing Right*)  
ii) Which body surface you will land on (*ie. feet, stomach, backdrop, head, sideways on shoulder*)

- A) 360 degrees on Side Flip Axis + 180 Degrees on Twist Axis = i) \_\_\_\_\_ ii) \_\_\_\_\_  
B) 450 degrees on Front flip axis + 630 degrees on twist axis = i) \_\_\_\_\_ ii) \_\_\_\_\_  
C) 1,080 degrees on side flip axis + 810 degrees on twist axis = i) \_\_\_\_\_ ii) \_\_\_\_\_  
D) 1,620 degrees on backflip axis + 990 degrees on twist axis = i) \_\_\_\_\_ ii) \_\_\_\_\_  
E) 2,970 degrees on flip axis + 2790 degrees on twist axis = i) \_\_\_\_\_ ii) \_\_\_\_\_

- 5) If you added up the number of degrees of possible human movement, how many different 'positions' can you do with the average human body? (*Hint - The number is in "Coaching Creatures"*) (1 mark)
- \_\_\_\_\_

6) Describe in your own words, the importance of the Rotational Possibilities Frontier discussed in “Coaching Creatures.” (3 marks)

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7) Describe in your own words, the importance of the **Spatial Awareness Quotient** (SAQ) discussed in “**Coaching Creatures.**” (3 marks)

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8) What are 5 ways to help keep your athletes engaged when trying to get them to do many repetitions without getting bored? (5 marks)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

9) How many different things should an athlete focus on during each turn?

\_\_\_\_\_

10) Describe why a coach should or should not teach a “Tilt Twist” to athletes for long term development. (2 marks)

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11) When an athlete is going for 6 twists on their “Lightening Twist” or “Cat Twist” compared to the previous 5 twists, how will they realistically know where they are? (2 marks)

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12) What are two ways athletes can stay safe when attempting 6 twists? (2 marks)

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13) Why is hand-spotting bad for long term athlete development? (1 mark)

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14) When teaching an athlete to do a double front flip without hand-spotting or without any special equipment (*spotting belts, blocks, etc*) how would you teach them? (3 marks)

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15) When would you use a spotting belt with an athlete? (1 mark)

- ☐ Never
- ☐ Always
- ☐ When the athlete asks for the spotting belt
- ☐ When no mats exist to keep athlete safe
- ☐ Once a week as a general rule

16) If an athlete has an issue with 'lifting' and going 'up' on the take-off for a front flip, what are a few ways that you can encourage them to 'go up'? (3 marks)

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

17) What is the significance of creating a 3D landscape for athletes compared to a 2D linear progression model for training athletes? (2 marks)

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18) When you push off of the ground to do a standing back flip. You are creating rotation.  
(CIRCLE ONE)

True

False

19) Why should a coach teach an athlete to train in a story-like fashion compared to separate chunks of information? (2 marks)

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20) If an athlete is scared to do a skill list **5 different ways** you can help get them past that fear as quickly as possible. (5 marks)

i) \_\_\_\_\_

ii) \_\_\_\_\_

iii) \_\_\_\_\_

liii) \_\_\_\_\_

liiii) \_\_\_\_\_

21) If an athlete is scared of a skill, what are two primary factors why? (2 marks)

i) \_\_\_\_\_

ii) \_\_\_\_\_

22) Describe why training an athlete to make every skill perfect from the beginning causes fear to set in. (2 marks)

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23) The biological history of human beings matches that of the acrobatic skill building process. (1 mark) (CIRCLE ONE)

True

False

24) If an athlete falls on a new progression of a skill the their first attempt, what should the coach do first before anything else assuming safety is not a huge concern in this instant? (1 mark)

- A) Go back a step immediately
- B) Wait for a few failed attempts first before making a decision
- C) Hand-spot them
- D) Give-up for the day and try again later
- E) Tell them to "Be Better"

25) Which of the following is NOT an example of 'learning'? (1 mark)

(CHECK ONE)

- ☐ Completing a new skill
- ☐ Completing an old skill in a new environment
- ☐ Playing a game
- ☐ Mental rehearsal
- ☐ Not giving the athlete help during a new progression
- ☐ Having the athlete teach other athletes a skill even they can't do yet
- ☐ None- all of these examples are a form of learning

26) Humans are not intelligent enough to learn a skill safely without a coach. (1 mark)

(CIRCLE ONE)

True

False

27) Hand-spotting athletes leads to better long term retention because they get the feeling of the skill. (1 mark) (CIRCLE ONE)

True

False

28) Describe WHY coaching is like being a 'tour guide' and why it is more effective for long term development than a top-down dictator like approach to coaching. (3 marks)

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29) Explain how off-axis skills can be used for safely developing Traditional skills. (2 marks)

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30) Freestyle Athletes need to learn basics but with their own unique 'twist' once learned?

(CIRCLE ONE)

True

False

31) Explain why it is beneficial for coaches to change up the environment for athletes regularly even if doing the same skills. (2 marks)

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32) Explain the 'real' difference(s) between traditional acrobatics and freestyle acrobatics, like parkour and freestyle trampoline, both biomechanically and socially. (5 marks)

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TOTAL OUT OF 80: \_\_\_\_\_

PERCENTAGE % \_\_\_\_\_

- ☐ PASS - CERTIFIED
- ☐ COACH IN TRAINING
- ☐ NEEDS FURTHER RESEARCH