

BTF Trampoline (Cycle 5) Syllabus

Positioning of equipment and all safety aids before, during and after use

Instructing athletes in various spotting (safety) techniques

Warm-up procedures

Safety instructions

Progressive practices, fault finding and corrective methods up to and including Elementary silver award (including tucked single front and back somersaults)

Use of hand supports and coaching aids, the use of landing mattress and the overhead support rig

Plan and prepare competitive routines up to a tariff limit of 1.6

Knowledge of trampoline terminology of up to 360° of somersault and 180° of twist

Knowledge of:

- Axis of rotation
- Centre of mass
- Eccentric force
- The effect of body shape on movement

Newton's 3rd law of motion

BTF Coach

Tucked front and back somersaults

BTF Advanced Coach

Shaped single somersaults

BTF Advanced Coach

Double somersaults

BTF Senior Advanced Coach

Triple somersaults