

Gymnastics Federation Coach Practice Test Questions and Answers

1. What is the most important principle in gymnastics coaching for injury prevention?

- A) Maximum training intensity
- B) Proper progression and skill building
- C) Competition-focused training only
- D) Advanced skill practice immediately

2. Which apparatus is typically learned first in women's artistic gymnastics?

- A) Uneven bars
- B) Balance beam
- C) Floor exercise
- D) Vault

3. What is the standard height of a regulation balance beam?

- A) 3 feet (0.9 m)
- B) 4 feet (1.2 m)
- C) 4 feet 1 inch (1.25 m)
- D) 5 feet (1.5 m)

4. Which coaching technique is most effective for developing gymnast confidence?

- A) Constant criticism
- B) Positive reinforcement and progressive skill building
- C) Comparing athletes to others
- D) Focusing only on mistakes

Answers: 1-B 2-C 3-C 4-B

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