

# **NEW ZEALAND ARTISTIC ROLLER SPORTS COMMITTEE**

## **ARTISTIC COACHING ACCREDITATION**

### **SPORTS SPECIFIC LEVEL ONE COACH**

#### **Workbook and Assessment**

#### **DANCE**

**With thanks to Skate Australia for permission to use their materials**

## CONTENTS

### PART 1

Section 1: Assessment Check List .....	3
Section 2: Sports Specific Level One Artistic Coach Application .....	4
Section 3: Workbook.....	5
Sports Specific Level One Dance Exam .....	5
4 Week Lesson Plan .....	19

This Workbook contains all the necessary paperwork to be assessed and submit an Artistic Sport Specific Level One Coach accreditation application through the Club Secretary to the Administrator NZ High Performance Coaching Commission. In order to submit a new Artistic Development accreditation, **ALL** elements in this checklist **MUST** be completed when submitting the completed Workbook.

## SECTION 1: Assessment Check List

<input type="checkbox"/>	<p><b>Application completed</b> All accreditation details must be recorded on the application and it must be signed by the Club Secretary, hence confirming D.O.B and NZFRS Registration. Artistic Coach Registration must ALSO be completed and signed.</p>
<input type="checkbox"/>	<p><b>NZFRS Registration Fee Paid and current</b> Applicant must be a current registered member of New Zealand Federation of Roller Sports Inc (SkateNZ) and a member of an affiliated Club. ( Club Secretary signing Application form will confirm the above.)</p>
<input type="checkbox"/>	<p><b>Coach Accreditation Certificate.</b> Copy of certificate must be submitted if attained.</p>
<input type="checkbox"/>	<p><b>Workbook completed and signed</b> Workbook questions must all be answered. . Forward to NZ Artistic High Performance Coaching Commission E-mail – <a href="mailto:nzartisticpcc@gmail.com">nzartisticpcc@gmail.com</a></p>
<input type="checkbox"/>	<p><b>Sport NZ Code of Ethics Signed (can be found on <a href="http://nzartisticrollersports.co.nz/resources/coaches%20corner/coaches%20code%20of%20ethics">nzartisticrollersports.co.nz/resources/coaches corner/coaches code of ethics</a>)</b> Copy of signed Sport NZ code of ethics must be submitted with each page initialled. Must be dated at time of submission.</p>
<input type="checkbox"/>	<p><b>Accreditation Registration Fee Paid</b> Registration fee - \$20 Paid to NZ Artistic Roller Sports Committee Treasurer by cheque, or, internet banked to the Committees" <b>Bank A/c 01 0625 0115668 00. Details of payment (Name of Coach and amount) are to be advised to the Treasurer of the NZ Artistic Roller Sports Committee by e-mail <a href="mailto:joan.blackler@xtra.co.nz">joan.blackler@xtra.co.nz</a></b></p>
<input type="checkbox"/>	<p><b>4 Week Lesson Plan</b> Must be completed and attached.</p>
<input type="checkbox"/>	<p><b>Practical Coaching Assessment Completed</b> Within six months of completing the written exam the Practical Coaching Recording Form must be completed by the applicant and Mentor. The Administrator of the Coaching Commission will appoint a mentor once the written exam has been assessed and advise the Club who the mentor is. Once signed off by the Secretary the completed Practical Coaching Assessment is to be forwarded to the Administrator, High Performance Coaching Commission through the Club Secretary. This is the final step towards becoming a fully-accredited Sports Specific Level One Dance Coach.</p>

**SECTION 2: Sports Specific Level One Coach Application**

Name:- \_\_\_\_\_ - Surname: \_\_\_\_\_ Date of Birth : \_\_\_\_\_

Address:- \_\_\_\_\_

Suburb/City: \_\_\_\_\_ Postal  
Code: \_\_\_\_\_

Email: \_\_\_\_\_ NZFRS No: \_\_\_\_\_

Current First Aid Certificate held (copy attached) Yes/No (circle)

Club : \_\_\_\_\_

**DISCIPLINE: DANCE**

Club Secretary \_\_\_\_\_ e-mail \_\_\_\_\_  
(Signed)

Examiner \_\_\_\_\_

Examiner \_\_\_\_\_

Accreditation Expiry \_\_\_\_/\_\_\_\_/\_\_\_\_

**Approved by Administrator Coaching Commission**

Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Competency Achieved

Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**NZ Artistic Roller Sports Committee**

**Ratification received**

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

<p><b>Entered on database</b> Date ____/____/____</p>
---

### **SECTION 3: Workbook**

This is an open book assessment, all manuals, rules and schedules may be available during the examination.

The following questions for the Dance Skating Coaching Sports Specific Level One examination refer to the **FIRS – ATC CIPA – Rule Book**, the **NZFRS Artistic Roller Sports Rules**, the **NZFRS Artistic Medal Test Schedule**, the **SkateNZ Solo Dance Manual**, **SkateNZ Couples Dance Manual**, **Oceania Solo Dance Manual**, **Oceania Couples Dance Manual** and the **NZFRS Artistic Roller Sports Policies**, as well as general coaching principals and knowledge.

All questions **MUST** be completed and answered correctly in order to pass this workbook. Any incorrect answers should be reviewed with examiner and then re-answered by the applicant.

Applicant may make as many attempts as required to pass the workbook.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### **SPORTS SPECIFIC LEVEL ONE DANCE EXAM**

Multiple Choice

*Identify the letter of the choice which best completes the statement or answers the question.  
Write the answer to the left of the question*

- 1 What is the definition of tempo?
  - a the pace and speed of the skater.
  - b The pace and speed of a musical composition.
  - c The fiery “temperament” of the dance.
  - d The fiery “temperament” of the skater.
  
- 2 If the skating surface is less than 50 x 25 metres, when are skaters permitted to cross the long axis during a Creative Solo Dance (CSD)?
  - a Once per sequence, but not by more than 1 metre.
  - b Twice per sequence, but not by more than 1 metre.
  - c Once per sequence, but not by more than 2 metres.
  - d At anytime, but not by more than 2 metres.

- 3 How many lifts are allowable in a Dance Pairs free dance?
  - a No more than five.
  - b No more than three.
  - c No more than seven.
  - d As many as you think are needed.
  
- 4 What is the definition of a three turn?
  - a A one foot turn performed on three wheels.
  - b A one foot turn from a forward edge to an opposite backward edge or vice versa.
  - c A one foot turn from a forward edge to a similar backward edge or vice versa.
  - d A one foot turn that is then held for three beats of music immediately after it is performed.
  
- 5 What is the definition of a dropped chassé?
  - a A raised chassé where two wheels of the free foot remain on the skating surface.
  - b An uncontrolled raised chassé where the free foot is dropped onto the rink surface too soon.
  - c A chassé that is mistakenly missed out of a dance.
  - d The execution of which the new free foot is moved against or into the line of travel.
  
- 6 What is the definition of the “and” position?
  - a The skater’s feet are in a T-position ready to make the initial push from a standing start.
  - b The free foot is between the start and end of a swing.
  - c The free foot is alongside and parallel to the tracing foot.
  - d Any foot position that occurs between the main beats of the music.
  
- 7 What is the definition of a chassé?
  - a A step where the free foot is lifted off parallel to the skating surface.
  - b A rise of the skating knee.
  - c A step that does not pass the tracing foot.
  - d A rise of the free leg knee.
  
- 8 How many revolutions are allowed in a spin in a Solo free dance?
  - a At least three.
  - b The more the better.
  - c No more than three.
  - d Only two.
  
- 9 What is the definition of a flat?
  - a A straight tracing not on the edge.
  - b A longer step than is normal for the dance being performed.
  - c A step where the free foot remains parallel to the skating surface.
  - d It is a term that is used to describe the rink surface.

- 10 What is the definition of a slide?
- a A step that is performed by moving both skates sideways simultaneously away from each other.
  - b A step that occurs accidentally as a result of a slippery surface.
  - c A step that is performed by taking weight off the free foot so that it can move sideways across the rink surface.
  - d A step wherein the free foot (4wheels) is kept on the surface and moved to a leading position.
- 11 What is the definition of a Mohawk?
- a A two foot turn from a forward edge to a similar back edge or vice versa.
  - b A two foot turn from a forward edge to a similar back edge.
  - c A two foot turn from a backward edge to a similar forward edge.
  - d A two foot turn that is used when a skater is unable to perform a three turn.
- 12 What is a Dance Pairs free dance lift?
- a An action whereby one skater is elevated to a higher level, sustained, and set down.
  - b An action whereby all eight wheels of the skater leave the rink surface at the same time.
  - c An action whereby one skater is physically lifted by the hands of the other skater.
  - d An action that must be performed at least three times during a free dance.
- 13 What is the definition of rise?
- a A noticeable change in the tone of a piece of music.
  - b The raising of the body by action of the tracing knee and ankle.
  - c The action of lifting the head so that the eyes are now more visible.
  - d The raising of the free leg at the start of a swing.
- 14 In a Solo Free Dance how many small dance Jumps are allowed?
- a One
  - b Two
  - c Three
  - d Four
- 15 What is the definition of a cross roll?
- a A series of steps where the feet cross each other continuously while rolling.
  - b A step where both skates (all eight wheels) are rolling on the skating surface at one time and the ankles are crossed.
  - c A stroke from one edge at a similar edge with the free leg moving across the employed leg before the stroke.
  - d A stroke from one edge to an opposite edge with the free leg moving across the employed leg before the stroke.
- 16 What is the definition of a raised chassé?
- a The execution of which the new free foot is raised vertically from the rink.
  - b A step that is larger than those steps immediately surrounding it.
  - c A step that includes the raising of the entire body over the skating foot.
  - d A step where the free foot is raised and held for at least two beats.

- 17 What is the maximum duration of a separation during a Dance Pairs free dance?
- a 5 seconds except at the beginning and end of the free dance when 10 seconds is allowed.
  - b 10 seconds except at the beginning and end of the free dance when 15 seconds is allowed.
  - c 5 seconds except at the beginning and end of the free dance when 15 seconds is allowed.
  - d 5 seconds except once during the free dance when 10 seconds is allowed.
- 18 What is the definition of a swing?
- a A movement of the free leg from a trailing to a leading position or vice versa, with both positions matched.
  - b A movement of the free leg from a trailing to a leading position, with both positions matched.
  - c A movement of the free leg from a leading to a trailing position, with both positions matched.
  - d Any body movement that replicates the pendulum action of a swing.
- 19 What is the definition of a progressive step?
- a A step that passes the old tracing foot.
  - b A step that is an improvement on the immediate previous step.
  - c A step that evolves and become a new step not previously performed in that dance.
  - d Any up-to-date international style step.
- 20 How many separations are allowed in Dance Pairs free dance?
- a Maximum of two.
  - b Maximum of three.
  - c Maximum of four.
  - d Maximum of five.
- 21 What is the definition of a cross front?
- a The final step performed after progressive runs have been executed.
  - b A step where the free foot is rolled across the front of the skating foot.
  - c A step that is used to get around the corner of the rink.
  - d The free foot is placed along the outer edges of the skating foot, the calf of the free foot crosses in front of the shin of the skating foot.
- 22 Jumps are allowed in Solo Dance Free Dance. How many revolutions are allowed?
- a Only half a revolution.
  - b Not more than one revolution.
  - c Not more than one and a half revolutions.
  - d Not more than two revolutions.



- 23 How many rotations are allowable in a Dance Pairs dance lift?
- a Only half a rotation.
  - b Only one rotation.
  - c Only one and a half rotations.
  - d Only two and a half rotations.
- 24 In Solo Dance events what dance steps must each competitor use?
- a All competitors must use the female dance steps.
  - b All competitors must use the male dance steps.
  - c All competitors may choose either the male or female dance steps.
  - d Male skaters must perform the male dance steps while the female skaters must perform the female dance steps.
- 25 What time limits have been set for Creative Solo Dances (CSD)?
- a Between 1min 30sec and 2min 30secs.
  - b Between 1min 50sec and 2min 40secs.
  - c Between 2min and 3min.
  - d Between 2min 50sec and 3min 40secs.

















8 What is the definition of international runs and what is the major fault skaters make when attempting to do international style runs? How would you go about correcting this fault?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

9 Explain the term axis and continuous axis in relation to dance, and how it applies to dance.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

10 Explain the term baseline in relation to dance and its relevance to dance.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

ASSESSOR ONLY (A mark of 85% is required for a pass of this test)

**PASS / FAIL**

EXAMINER: \_\_\_\_\_  
Signature

Print Name: \_\_\_\_\_