



**THE ASSOCIATION OF ROWING COACHES**

SUPPORTED BY



**THE ATHLETES COMMISSION OF ROWING SOUTH AFRICA**

# **LEVEL 1 COACHING CERTIFICATION EXAM**

This exam is based on the FISA Level 1 Coaching Development Program Handbook. It is assumed that the candidate sitting the exam is familiar with this text. All the answers required for the questions are closely related to the text of the FISA Level 1 Coaching Development Program Handbook.

The exam consists of 6 sections and 100 questions

SECTION 1 – BASIC RIGGING – 25 Questions

SECTION 2 – BASIC PHYSIOLOGY – 19 Questions

SECTION 3 – BASIC ROWING TECHNIQUE – 12 Questions

SECTION 4 – BASIC TRAINING METHODOLOGY – 20 Questions

SECTION 5 – BASIC FITNESS TRAINING – 12 Questions

SECTION 6 – LEARNING METHODOLOGY – 12 Questions

A standard of 75% (75 correct of 100) questions is required for certification.

## Examination Instructions

1. Ensure that your name, email address, phone number and province are clearly printed on the answer paper.
2. Please do NOT write on the question paper. Separate paper is provided for rough work.
3. 2 Hours are allowed for the paper.
4. All question papers must be handed in at the end of the exam. Failure to do so may result in the candidate being disqualified from certification.
5. No notes may be brought into the exam venue.

## SECTION 1 – BASIC RIGGING

- 1) Which of the following tools are NOT required for rigging a boat?
- 2) Sculling events have:
- 3) Sweep events have:
- 4) The correct terminology in the FISA manual for the part of the oar that goes in the water is:
- 5) Which colour indicates a bow side oar
- 6) Which colour indicates a stroke side oar
- 7) The bow end of the tracks that the seat slides in are usually placed how far from the perpendicular line of work?
- 8) The line perpendicular to the boat that intersects with the face of the swivel is known as the:
- 9) What is the recommended range of angle for the footstretcher
- 10) What is the recommended range of distance that the heels should be below the seat?
- 11) The horizontal placement of the footstretcher is important because:
- 12) The distance from pin to pin in sculling boats is called:
- 13) A normal range of span in sculling boats is
- 14) When setting span in a sculling boat it is important to ensure:
- 15) The spread in sweep boats is measured:
- 16) Which is the correct procedure to adjust the spread in a sweep boat
- 17) The height in sweep and sculling is measured:
- 18) The height of the swivel can be changed by:
- 19) Inboard is measured from:
- 20) A normal range for inboard measurements for a sculling oar is:
- 21) A normal range for inboard measurements for a sweep oar is:
- 22) Pitch of the blade is measured
- 23) Which is the correct sequence of actions when setting pitch

24) Which action should NOT be done while setting the pitch on the oar:

25) Which is the correct sequence to use when measuring and adjusting the setting on a boat

## SECTION 2 – BASIC PHYSIOLOGY

26) The source of energy for contraction of the muscle fibre is

27) The method or technique that the athlete uses must coordinate the proper use of the muscle groups and the movement of the boat to

28) During the start phase which does NOT apply

29) Which statement is incorrect.

Aerobic metabolism:

30) In order to improve the athletes endurance capacity it is necessary to

31) What percentage contribution does aerobic metabolism make to the energy demands of a rowing race

32) Which statement is incorrect

Systems involved in the journey of oxygen from the air to the muscle cells include:

33) Which are the main components of oxygen transportation?

34) The ability of the blood to carry oxygen is dependent on:

35) Cardiac output is measured as:

36) An increase in the number of capillaries surrounding a particular muscle fiber will

37) A training adaptation in the circulatory system is caused by:

38) To produce a training effect which will influence the utilization of oxygen by the muscle cells:

39) Anaerobic metabolism is used primarily

40) Anaerobic training improves the athletes ability to:

41) Which statement is true

With regards to the lungs:

42) The most effective type of training places a load on the heart that:

43) The best type of training to produce the training adaptation in Q 43 is

44) The best type of training to increase the muscles utilization of oxygen is:

## SECTION 3 – BASIC ROWING TECHNIQUE

- 45) Efforts should be concentrated on
- 46) The curve of velocity of a good crew had less variation from the:
- 47) Maximum velocity is achieved;
- 48) With a direct entry the oar must:
- 49) The ideal angle of the body allows
- 50) During the entry:
- 51) The correct drive sequence is:
- 52) At the finish the body weight should
- 53) On the recovery the body movement starts:
- 54) The seat moves forward when:
- 55) In sculling the standard hand position is
- 56) All movements should;

## SECTION 4 BASIC TRAINING METHODOLOGY

- 57) The principle that the coach and athlete should work together to develop training objectives and develop a short and long term training plan is known as:
- 58) The coach and athlete should establish tests and standards to be met periodically:
- 59) The establishment of a broad base of conditioning for sport is required:
- 60) Specialization means that;
- 61) Individualization of the training program is important so that;
- 62) The reason for variety in the training program is:
- 63) After the athletes body has adapted to a given level of work
- 64) Systemization means that;
- 65) Periodization is:
- 66) Training Load is determined by

- 67) Quantity of training is the same as:
- 68) Quality of training is the same as:
- 69) In a systematic training plan the correct sequence is;
- 70) Training cycles follow the \_\_\_\_\_ principle of applying alternating hard and light training loads:
- 71) The best improvements in training load can be achieved by increasing the load:
- 72) The periodization of the training season can be represented by
- 73) The sequence of actions for a training session should be;
- 74) The objective of a training program
- 75) A systematic plan is developed by
- 76) Tests and standards are used for;

## SECTION 5 BASIC FITNESS TRAINING

- 77) Fitness may be defined as:
- 78) Which of the following is not an objective of basic fitness training:
- 79) The main features of General Fitness Training for rowing are;
- 80) Which of the following is NOT true with regards to Mobility Training
- 81) Which is the correct sequence of actions in a mobility training session:
- 82) Strength is defined as;
- 83) Circuit Training is a training method in which:
- 84) A circuit training program for general conditioning should:
- 85) As the athlete matures and becomes more experienced;
- 86) Endurance is the capacity to:
- 87) A 2000m rowing race is classified as:
- 88) Endurance training for rowing should;

## SECTION 6 LEARNING METHODOOGY

- 89) Which skill will a beginner coach NOT need:

- 90) The first step in the development of the plan is:
- 91) An effective coach will NOT need to:
- 92) The four major techniques in coaching sport skills are:
- 93) A coach may demonstrate a skill by;
- 94) Which of the following should the coach NOT do when allowing athletes to practice the skill:
- 95) Feedback should:
- 96) During the Early Stage of learning the coach should NOT;
- 97) During the grooving stage the coach should do which of the following:
- 98) Characteristics of the Automatic Stage are:
- 99) Some traits in coaches that communicate effectively are:
- 100) A coach that communicates effective should NOT: