

# OUTCOMES REQUIRED FOR CERTIFICATION

## Specific Outcomes for the RJT Instructor

*As a result of participating in this training workshop, instructors will be trained to:*

*For certification, an instructor must do the following:*

### Roles and Responsibilities

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- Apply basic decision-making framework to typical RJT ethical dilemmas and determine a resolution in a manner consistent with the NCCP Code of Ethics
- Understand his/her liability
- Understand his/her professional role
- Complete the on-line evaluation for the Ethical Decision-making module offered by the Coaching Association of Canada
- Sign the NCCP Code of Ethics
- Be dressed in a professional and safe manner that is consistent with what an RJT Instructor should wear

### Analyzing Performance

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- Using appropriate reference models and methods, demonstrate the ability to analyze technique of a typical RJT participant.
- Using appropriate methods, assess the technique of the participant and identify appropriate corrective measures
- Communicate the result of the analysis to the participant
- Observe 3 RJT participants
- Identify the main error in each participant
- Prescribe corrective measure

### Safety

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- Know about hazards and risks associated with Run Jump Throw
- Provide a safe environment for RJT
- Know about his/her liability
- Develop an Emergency Action Plan appropriate to Run, Jump Throw environments
- Identify potential hazards/risks associated with own facility and other facilities
- Ability to manage risks associated with RJT and Facility

### Planning to Teach a Lesson

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- Plan a lesson appropriate for the typical RJT session
- Understand the need to make adaptations to meet the needs of a variety of participants (AWAD, Aboriginal etc)
- Role of the "windows of opportunity" in the participants' general athletic development
- Submit 1 lesson plan for RJT participants showing goals of lesson, skill to be taught equipment to be used, drills and skill progression to be used appropriate to the participants "window"
- Demonstrate an understanding of growth and development principles.

### Skill acquisition and outcome

#### Teaching a Lesson

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- Understand and practice elements of teaching a lesson in the area of running, jumping and throwing
- Understand the stages of skill development
- Demonstrate professional behavior when teaching sessions appropriate for RJT participants
- Teach the mechanics of running, jumping and throwing to RJT participants using positive and timely feedback
- Identify errors and communicate corrective measure
- Adapt instructional and professional behaviours to the characteristics of the participants

