



## 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

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Apply a basic decision-making framework to typical RJT ethical dilemmas and determine a resolution in a manner consistent with the NCCP Code of Ethics.</li> <li>• Understand his/her liability</li> <li>• Understand his/her professional role</li> </ul> | <ul style="list-style-type: none"> <li>• Complete the on-line evaluation for the Ethical Decision-making module offered by the Coaching Association of Canada</li> <li>• Sign the NCCP Code of Ethics</li> <li>• Be dressed in a professional and safe manner that is consistent with what an RJT Instructor should wear.</li> </ul> |
|---|--|

---

#### Analyzing Performance

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Using appropriate reference models and methods, demonstrate the ability to analyze technique of a typical RJT participant.</li> <li>• Using appropriate methods, assess the technique of the participant and identify appropriate corrective measures</li> <li>• Communicate the result of the analysis to participant</li> </ul> | <ul style="list-style-type: none"> <li>• Observe 3 RJT participants</li> <li>• Identify the main error in each participant</li> <li>• Prescribe corrective measure.</li> </ul> |
|--|--|

---

#### Safety,

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Know about hazards and risks associated with Run Jump Throw</li> <li>• Provide a safe environment for RJT</li> <li>• Know about his/her liability</li> </ul> | <ul style="list-style-type: none"> <li>• Develop an Emergency Action Plan appropriate to Run, Jump, Throw environment.</li> <li>• Identify potential hazards/risks associated with own facility and other facilities</li> <li>• Ability to manage risks associated with RJT &amp; facility.</li> </ul> |
|---|--|

---

#### Planning to Teach a Lesson

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Plan a lesson appropriate for the typical RJT Session</li> <li>• Understand the need to make adaptations to meet the needs of a variety of participants (AWAD, Aboriginal etc)</li> <li>• Role of the “windows of opportunity” in the participants’ general athletic development</li> </ul> | <ul style="list-style-type: none"> <li>• Submit 1 lesson plan for RJT participant showing goals of lesson, skill to be taught, equipment to be used, drills and skill progression to be used appropriate to the participants “window”.</li> <li>• Demonstrate an understanding of growth and development principles.</li> </ul> |
|--|---|

---

#### Skill acquisition and outcome

---

##### Teaching A Lesson

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Understand and practice elements of teaching a lesson in the area of running, jumping, and throwing.</li> <li>• Understand the stages of skill development</li> </ul> | <ul style="list-style-type: none"> <li>• Demonstrate professional behaviour when teaching sessions appropriate for RJT participants</li> <li>• Teach the mechanics of running, jumping and throwing to Run Jump Throw participants using positive and timely feedback</li> <li>• Identify errors and communicate corrective measure</li> <li>• Adapt instructional and professional behaviours to the characteristics of the participants<br/>(Explanation &amp; Demonstration other tools etc)</li> </ul> |
|--|--|
-