



15 Hour Run Jump Throw NCCP Certification Course

**Schedule can be adapted to the needs of the Organization (ex. Friday evening, Saturday and half Sunday)*

Session 1

Time	Module
8:30-9:30	Welcome, Introduction and Athletics for Life Video
9:30-11:00	Why RJT?/General Athletic Development
11:00-12:15	Risk Management & Emergency Action Plan (EAP)
12:15-1:00	Lunch Break (Optional: Dartfish Demonstration)
1:00-2:15	Analyzing Performance - JUMP
2:15-3:15	Analyzing Performance - RUN
3:15-4:30	Analyzing Performance - THROW
Departing Notes	Briefing for Day #2 – overview, start time; bring a lunch for Sunday – shortened lunch break.

Session 2

Time	Module
8:30-9:30	Planning a Lesson
9:30-10:15	Lesson Planning Group Work
10:30-12:00	Teaching and Learning
12:00-12:35	Lunch Break
12:45-2:30	Roles and Responsibilities (Ethics)
2:30-4:30	Practical Teaching*
4:30-5:00	Practical Teaching Debrief

**The practical teaching component should incorporate 10-20 children aged 7-12 if possible. If children are not available to participate, the course participants will teach each other.*

Cost of Workshop: *all costs subject to 5% GST

Up to 10 participants from the Host Organization	\$2000
Each additional participant from Host Organization	\$180
Each additional participant from OUTSIDE the Host Organization	\$220

**BC Athletics Members (School, Club, or Individual) receive 20% off workshop*

Included in pricing:

- RJT Teacher Resource Manual
- Instructor Workbook, Reference Manual and Supplementary Materials
- Technical Progressions Manual and DVD
- Long Term Athlete Development Information
- BC Athletics and RJT Promotional Materials

For Certification, the Ethics module must be complete online with the Coaching Association of Canada (CAC – www.coach.ca)

For any questions or workshop registration information, please email: runjumpthrow@bcathletics.org or call: 604.333.3554

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