



runjumpthrow  
athletics canada  
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)
<b>12:15-1:00</b>	<b>Lunch Break</b> (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
<b>12:00-12:35</b>	<b>Lunch Break</b>
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](http://www.coach.ca))  
For any questions or workshop registration information, please email: [runjumpthrow@bcathletics.org](mailto:runjumpthrow@bcathletics.org) or call: 604.333.3554

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National Coaching Certification Program

