



# Australian Jujitsu Federation

## NCAS Post Course Competency Assessment

[Assignment Part D – 5]

**Print Full Name** of applicant for accreditation/update: .....

**Name of member school:** ..... **Accreditation Level:**.....

This statement is to confirm that the applicant:

- following completion of the AJF NCAS course is competent, to the extent of their rank and level of accreditation, to develop students through the promotion and grading system and authority of the School as named above, up to the level of (insert level): ..... Kyu / Dan, Other: .....
- Has achieved the pre-requisite grade competency for the level of accreditation and all post course assignments have been successfully completed, and has demonstrated the ability to satisfy the following Competency Statements.

### Competency Statements - Please tick each box

1. Outline the role and structure of the Australian Jujitsu Federation; explain the requirements for accreditation and the NCAS, and commitment to the coach's code of behaviour.
2. Explain the role of an accredited coach, and the skills required to be effective practitioners.
3. Provide a safe and healthy learning environment, understand their ethical and legal responsibilities and implement strategies for risk management. Plus understand the special requirements of teaching children.
4. Prepare and deliver session plans to develop students through the schools grading system and authority, and towards major events, up to the level determined by their grade.
5. Review and evaluate each coaching session or activity and their own performance with a view to modifying or adapting future sessions or activity to achieve goals.
6. Understand the stages of learning. Observe and assess a student's performance based on level or grade criteria, reflect on the performance and provide appropriate feedback to the student.
7. Understand the basic physiology and energy requirements of their discipline including the balance between each of the components of fitness and the types of strength, required within their school or style up to the level determined by their grade, and cater for the physical and social development of students.
8. Assist students to use nutritional strategies for performance within their discipline.
9. Outline basic anatomy and the biomechanics of human movement, plus ability to recognise the structures and movement of the body in order to analyse performance within their discipline up to the level determined by their grade.
10. Understanding basic motivation and reinforcement theory, teach students through each of the phases of perception, evaluation, decision and response/reaction up to the level determined by their grade.
11. Analyse performance and understand, identify, and breakdown, the skills required through each of the preparatory, execution (movement) and follow-through (recovery) phases of a technique, up to the level determined by their grade.
12. Use a range of communication, teaching and behaviour management strategies while coaching an individual or group of students.

**I hereby confirm the applicant has satisfied each of the criteria detailed above**

Assessment conducted by: ..... Signed by Head of School: .....

Signed by applicant: ..... Date: ...../...../20.....

- IMPORTANT NOTE.** Applicant is to include a copy of completed assignments plus if not already provided, 'satisfactory evidence of grade', completion of the 'senior first-aid certificate' and confirmation of 'working with children authority' (where requested), with the return of this form or prior to the issue of accreditation.