

Board/Authority Authorized Course:
Ct8TJ (s)reops

Board/Authority Authorized Course:
Rugby Skills 11

Rugby Training and Physiology: key questions

- How can athletes follow a training protocol with time constraints being a factor?
- What are some aspects of fitness that we can use for self-assessment?
- What are the benefits of using loading and unloading weeks in our training cycles?


Social responsibility: key questions

- What are some off-field responsibilities that athletes must be aware of?
- How do referees avoid bias when officiating a game?
- What leadership skills can be used to encourage teammates to play fair and safe?
- How can we use sport psychology to take advantage of the benefits of visualization and positive self-talk?

Content – Elaborations

Historical developments from the world of rugby union: key questions

- How did the Rugby World Cup of 1995 in South Africa affect the culture of sports in that country?
- What was the influence of Nelson Mandela regarding apartheid and the Springboks?
- How accurately does the story of William Webb Ellis represent the creation of rugby football?



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Recommended Instructional Components:

Direct Instruction (from teacher, guest speakers) • Indirect Instruction • Interactive Instruction • Independent Instruction • Modelling • Group Work • Videos and Film Sessions • Experiential Learning (hands-on experience)

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

There will be frequent formative evaluations conducted during the course. These formative evaluations will provide the students with feedback on their progress towards mastery of the curricular competencies covered during the course. Kinesthetic skills and safe technique will be assessed using a criterion based rubric. Theoretical work will be followed by written examinations on content such as rugby laws and fitness strategies. Analysis of game footage will be followed by statistical analysis of offensive and defensive