



COACHING CERTIFICATION COURSE FINAL EXAM

Spreading Jiu-Jitsu across Saskatchewan

THE SASKTACHEWAN BRAZILIAN JIU-JITSU FEDERATION INC.

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Instructions

Read each question carefully and choose the best answer. Circle the letter corresponding to your answer. There is only one correct answer for each question.

1. What is the primary mission of the SBJJF?

- a) To make BJJ the most popular sport in Saskatchewan
- b) To support and develop BJJ practitioners of all levels through high-quality coaching, competitions, and educational resources
- c) To create a profitable BJJ business
- d) To eliminate all other martial arts in Saskatchewan

2. Which of the following is NOT one of the SBJJF's core values?

- a) Integrity
- b) Respect
- c) Excellence
- d) Profit

3. Who is responsible for overseeing the development of BJJ across the province?

- a) Club Head Coach
- b) Provincial Head Coach
- c) Assistant Coach
- d) Referee

4. What is the first level in the SBJJF Coaching Certification Pathway?

- a) Intermediate Coach
- b) Club Head Coach
- c) Introductory Coach
- d) Provincial Head Coach

5. Which committee focuses on the development of BJJ coaches?

- a) Membership Committee
- b) Referee Committee
- c) Coaching Committee
- d) Competition Committee

6. What is one of the responsibilities of an introductory coach?

- a) Creating competition strategies for advanced athletes
- b) Teaching fundamental techniques to beginners
- c) Managing the entire BJJ club
- d) Overseeing the development of BJJ in the province

7. Which of the following best describes the SBJJF's vision?

- a) To be the leading organization for Brazilian Jiu Jitsu in Saskatchewan, fostering a community of excellence, respect, and continuous improvement
- b) To create the largest network of BJJ clubs in Canada
- c) To make BJJ the most competitive sport in the world
- d) To generate revenue through BJJ tournaments

8. What is the purpose of the SBJJF's committees?

- a) To generate profit for the organization
- b) To develop initiatives, policies, and programs to support the growth and development of BJJ in Saskatchewan
- c) To eliminate other martial arts in the province
- d) To manage the financial accounts of the federation

9. What is included in the SBJJF's coaching development?

- a) Only formal education
- b) Practical experience, workshops, and seminars
- c) Managing the business aspects of a BJJ club
- d) Selling BJJ merchandise

10. Who provides training and certification programs for referees?

- a) Club Head Coach
- b) SBJJF
- c) Assistant Coach
- d) Athletes themselves

11. What are the roles of club head coaches?

- a) Only teaching techniques
- b) Overseeing all aspects of running a BJJ club, including training programs, competition preparation, and athlete support
- c) Refereeing matches
- d) Managing the financial aspects of the SBJJF

12. What is a key responsibility of assistant coaches?

- a) Overseeing the entire BJJ club
- b) Supporting head coaches in training sessions and providing individual attention to athletes
- c) Managing the SBJJF
- d) Competing at a professional level

13. Which of the following is emphasized in the “Sport for Life” framework?

- a) Short-term athletic success
- b) Long-term athlete development (LTAD)
- c) Financial profitability
- d) Only training for competitions

14. What is the primary focus of safety and risk management in BJJ?

- a) Maximizing training intensity
- b) Ensuring a safe training environment and proper protocols for injuries
- c) Reducing training hours
- d) Increasing competition frequency

15. What should coaches be trained in to ensure safety?

- a) Marketing and sales
- b) First aid and CPR
- c) Advanced competition techniques
- d) Financial management

16. Which document outlines appropriate behavior and ethical standards for coaches?

- a) Membership Handbook
- b) Coaches Code of Conduct
- c) Competition Rules
- d) Financial Guidelines

17. What is the purpose of Long-Term Athlete Development (LTAD)?

- a) To increase short-term competition results
- b) To outline the optimal training, competition, and recovery principles for each stage of an athlete's development
- c) To focus solely on physical conditioning
- d) To generate more revenue

18. Which coaching method involves athletes discovering solutions on their own with minimal guidance?

- a) Direct instruction
- b) Guided discovery
- c) Collaborative coaching
- d) Lecture-based coaching

19. What is an essential part of supporting athletes in training?

- a) Providing only physical training
- b) Understanding their mental and physical limitations
- c) Focusing solely on competition outcomes
- d) Reducing training sessions

20. What should be considered when creating training plans for athletes?

- a) Only their technical skills
- b) Individual athlete goals and mental and physical limitations
- c) The financial cost of training
- d) The coach's personal preferences

21. Which factor is critical in injury prevention and recovery?

- a) Increasing training intensity
- b) Ignoring minor injuries
- c) Proper warm-ups and using protective gear
- d) Reducing rest periods

22. Why is nutrition important for BJJ athletes?

- a) It has no impact on performance
- b) It is only important for weight management
- c) It supports overall health, performance, and recovery
- d) It is only relevant during competitions

23. What should be included in the Emergency Action Plan for an academy?

- a) Only contact information
- b) Detailed procedures for handling emergencies, including injuries and other incidents
- c) A schedule of training sessions
- d) A list of competitions

24. How can coaches support athletes in competition?

- a) By focusing solely on winning
- b) Providing psychological support, strategic advice, and ensuring proper preparation
- c) By increasing training intensity immediately before competitions
- d) By letting athletes compete without any guidance

25. What is the role of continuing education for coaches?

- a) To maintain current knowledge and improve coaching skills
- b) To focus only on new techniques
- c) To complete the certification process
- d) To reduce the number of training sessions

26. What does the SBJF expect from its members in terms of ethical standards?

- a) To prioritize winning above all
- b) To uphold integrity, respect, and fairness
- c) To increase membership fees
- d) To compete in every tournament

27. Which is a primary responsibility of the SBJF Provincial Head Coach?

- a) Managing individual club finances
- b) Overseeing the development of BJJ across the province
- c) Competing at an international level
- d) Creating marketing strategies

28. What is the main focus of the SBJJF Policy and Procedures?

- a) Financial management
- b) Competition rules, safety protocols, and ethical standards
- c) Marketing and sales
- d) Membership recruitment

29. Which activity is part of referee development in the SBJJF?

- a) Learning advanced competition techniques
- b) Understanding BJJ rules and effective communication
- c) Financial management
- d) Coaching beginner athletes

30. Why is understanding the levels of athletes important for a coach?

- a) To focus only on advanced athletes
- b) To provide age-appropriate training and development opportunities
- c) To increase competition frequency
- d) To manage financial resources

End of Exam

Please review your answers carefully before submitting your exam.

Thank you for participating in the SBJJF Coaching Certification Course.