



Certification: Combined Level 1 Award and Level 2 Certificate in Coaching Olympic Weightlifting

Level 1 Award in Coaching Olympic Weightlifting

The Level 1 Award in coaching Olympic weightlifting is an entry level course for aspiring coaches in weightlifting. It is aimed at anyone aged 16 or over, who is new to coaching but has some knowledge of the sport and would like to learn how to apply that in a coaching environment.

What will I learn?

The processes and principles of coaching weightlifting to adults and children, the basic rules of weightlifting, safety in the sport, roles and responsibilities of a coach and planning a session.

You'll also discover critical coaching skills that can optimise coaching performance, the main physical qualities that athletes need to develop in weightlifting, identify the key positions for the Snatch, Clean and Jerk, learn assistance lifts for weightlifting and learn the BWL Teaching Method to understand why we perform each one of the BWL teaching exercises.

Take a look at all **10 modules** of the e-learning.

Add a practical day to your learning

With the benefit of combining online and practical learning, you'll gain invaluable experience and feedback from a fully qualified BWL Coach.

The practical day covers the BWL teaching method which gives assistant coaches the tools they will need to guide a complete beginner to execute the Olympic lifts competently, as well as learning the BWL level 1 assistance exercises using the BWL teaching process - back squat, press and deadlift.

You'll have the opportunity to ask BWL tutors questions relating to the e-learning already covered and how it translates into practical learning, along with peer-to-peer practice and support.

What does the Level 1 Award qualify me to do?

This is the start of your journey into coaching weightlifting and will enable you assist a more qualified coach to deliver sessions in a club, gym or virtual setting.

Level 1 Award Prerequisites

You must be at least 16 years of age when booking, be able to communicate effectively in English and have some general experience of the lifts and weightlifting.

We offer 2 ways to complete the combined course:

Online learning

Length of courses: 36 - 64 hours

Price of combined course (Level 1 Award and Level 2 Certificate):

Standard Price: £700

Member Price: £665

Online learning with face to face practical

Length of courses: 36 - 64 hours

Plus an additional 2 day practical session

Price of combined course (Level 1 Award and Level 2 Certificate):

Standard Price: £775

Member Price: £736.25



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Level 2 Certificate in Coaching Olympic Weightlifting

If you hold your Level 1 Award in Coaching Olympic Weightlifting and currently work under the supervision of a more qualified coach, completing your Level 2 certificate is your next step in career progression. It will provide you with the knowledge and skills you need to work as an Independent Olympic Weightlifting Coach.

With a Level 2 qualification you'll also be able to apply for a **BWL Coach License** to be able to coach athletes at national competitions.

What will I learn?

Learn psychology and effective communication to help athletes realise their physical potential, gain an introduction to the anatomical demands of weightlifting and how to use the BWL Technical Model to identify errors and make interventions.

You'll also be trained in 10 key assistance exercises that can be used to increase performance on the snatch and clean & jerk, create linked and progressive sessions in a 6-week training block, design sessions for groups and individuals and gain an introduction to competition coaching.

You will be able to achieve this qualification after you have successfully completed a selection of online assessments. The course has been structured to allow you to do this from home with support from a BWL Educator who will guide you through the assessment process.

Take a look at all **17 e-learning modules**.

Add a practical day to your learning

The practical workshop offers a fantastic opportunity for coaches to develop through peer-to-peer practice and support. Our tutors have a broad range of backgrounds and skills from education, strength & conditioning and coaching providing you with the most comprehensive training and skills to become a great coach.

The 1-day practical session covers assistance exercises and how to apply them to improve weightlifting performance and technique alongside how to apply the exercises appropriately and identify some of the challenge's coaches might experience.

You will discuss the coach's role in weightlifting competitions, considering rules of a competition (the 'need-to-knows'), how to effectively structure a competition warm-up and an introduction to reading the scoreboard. All assessments have now moved online, to improve on the day learning and allow all the time to focus solely on developing your coaching ability in a practical setting.

What does the Level 2 Certificate qualify me to do?

Work as an Independent coach in Olympic Weightlifting. You can also apply for a BWL Coach License to assist athletes at national competitions.

Level 2 Certificate Prerequisites

You must be at least 17 years of age on the first day of the course, hold your Level 1 certificate in Coaching Olympic Weightlifting and be able to communicate effectively in English.

We offer 2 ways to complete the combined course:

Online learning

Length of courses: 36 - 64 hours

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Standard Price: £700

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