

Certification: Combined Level 1 Award, Level 2 Certificate and Level 3 Diploma 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.

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.


Online learning only

Length of Level 1 Award: 12 - 16 hours

Price of combined courses (Level 1, Level 2, Level 3):

Standard Price: £1400

Member Price: £1330



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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**.

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.

Online learning only

Length of Level 2 Certificate:
24 - 48 hours

Price of combined courses (Level 1, Level 2, Level 3):

Standard Price: £1400
Member Price: £1330



Certification: Combined Level 1 Award, Level 2 Certificate and Level 3 Diploma in Coaching Olympic Weightlifting

Level 3 Diploma in Coaching Olympic Weightlifting

This course is the most comprehensive coaching qualification that BWL have released to date which takes into account an athlete's long term development as well as the different areas of weightlifting performance including technical and physical performance as well as preparation and performance mindset.

What will I learn?

To be successful in the sport of weightlifting requires athletes to lift over a long period of time. The Level 3 Diploma in Coaching Olympic Weightlifting recognises this and gives coaches insight into long term athlete development.

It takes the Complete British Weightlifter, British Weight Lifting's long term athlete development strategy and provides insights to coaches.

You will be introduced to the **coaching theory and practice for weightlifting** where you will understand the underpinning theory behind motor learning which involves improving the smoothness and accuracy of movements linked to the Olympic lifts. You will learn how to apply that theory, how to think critically about the types of interventions to your athletes and have a clear understanding of British Weight Lifting's 'What it Takes to Win' model.

You will learn the **technical underpinning for weightlifting** which includes biomechanical concepts, effective weightlifting technique and the relevance of key derivative exercises in coaching. You will understand how to critically evaluate technique using the British Weight Lifting decision making process and develop your knowledge to be able to think critically about how to structure training to help athletes make effective technical changes.

The course looks at **long term planning and organisation for weightlifting** factoring in different stages of an athlete's development. In addition, you will understand how to **prepare for weightlifting competitions** where you will learn how to be able to identify the key principles behind world class performance and have the knowledge to prepare an athlete physically for competition.

Take a look at all of the [e-learning modules here](#).

You will be able to achieve this qualification after you have successfully completed a selection of online assessment. 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.

What does the Level 3 Diploma qualify me to do?

This course will provide the advanced level of knowledge needed to deliver a comprehensive Olympic Weightlifting coaching programme to support athletes throughout their weightlifting journey.

Level 3 Diploma Prerequisites

You must be at least 18 years of age on the first day of the course, hold your Level 2 certificate in Coaching Olympic Weightlifting and have completed the following CPD's - BWL Equality, Diversity and Inclusivity, BWL Safeguarding (refresher) and BWL Lift Clean Awareness.

Candidates must be able to communicate effectively in English and will require a laptop or computer to access the e-learning. Knowledge Word and Excel is also essential.

Online learning only

Length of Level 3 Diploma: 40 hours

PLEASE NOTE: As part of the course learners will also be required to take an athlete through a competition (integrating a plan, do and review)*. The length of this process is at the learner's discretion, however, to maximise both the coach and athlete experience we recommend a minimum of 8 weeks to complete this process. *The competition can be completed in training (i.e., a training session completed under competition conditions).

Price of combined courses (Level 1, Level 2, Level 3):

Standard Price: £1400
Member Price: £1330