



Certification: Combined Level 2 Award and Level 3 Certificate in Coaching Strength

Level 2 Award in Coaching Strength Training

The Level 2 Award in Coaching Strength Training is an entry level course. If you have at least one years' experience participating in strength-based activities and you would like to develop your knowledge to become a Strength Coach this course will enable you to start coaching.

This course is also for you if you are already working as a Trainer or Instructor within the fitness industry and would like to add Strength Coaching to your CV.

What will I learn?

Effective coaching techniques and how to work with a range of different clients with sports specific goals or strength targets, including individuals and groups. Safe coaching practices, how to design and plan strength-focused training sessions, a detailed profile of 11 key strength training exercises and an understanding of programming, anatomy and nutrition in line with strength training.

Take a look at all **10 modules**.

What does the Level 2 Award qualify me to do?

Whilst this course has been developed using our extensive knowledge of Olympic weightlifting, it is not limited to the Olympic lifts. It has been designed to benefit a variety of individuals, regardless of their gym experience, including people with specific goals to improve performance across a range of different sports.

Level 2 Award Prerequisites

You must be at least 16 years of age at the time of booking, have a minimum of one years experience of participation in weightlifting and/or strength-based activities and be able to communicate effectively in English.

Online learning only

Length of Level 2 Award: 12 - 16 hours

Combined price of course (Level 2 Award and Level 3 Certificate)

Standard Price: £775

Member Price: £736.25



Certification: Combined Level 2 Award and Level 3 Certificate in Coaching Strength

Level 3 Certificate in Coaching Strength and Power

There are many benefits of training strength and power. People of all sport disciplines benefit from strength training to further develop their performance and fitness levels and power has a key role in any sport and any movement. The Level 3 Certificate in Coaching Strength will allow you to effectively coach to amplify your clients strength and power output which will set you above the competition.

What will I learn?

You will be introduced to the principles of Strength Training Theory and how to use them in your coaching, you will cover the anatomical demands of strength and power training and how to use this knowledge to develop effective training programmes that improve key physical attributes.

You will learn about biomechanical concepts, nutrition to support muscle growth and plyometrics, which is a training method that uses explosive and powerful exercises to build muscle power.

The course covers a wide range of exercises (20 in total) that work the entire body including the Olympic lifts. It will also develop your profiling, monitoring and programming skills.

Plus, you will gain access to the exclusive BWL Technical Model, which is designed to help coaches identify technical errors which can result in more meaningful interventions that help an athlete to maximise their capabilities.

Take a look at all **17 modules** covered in this course

What does the Level 3 Certificate qualify me to do?

The knowledge and skills learnt as part of this course will enable you to coach an individual client or group to improve their strength and power technique.

Level 3 Certificate Prerequisites

You must be at least 17 years of age on the course start-date, have a minimum of one-year experience in participation in strength based activities, be able to communicate effectively in English and you must hold one or more of the following qualifications;

- Level 3 Personal Training qualification
- BWL Level 2 Award in Coaching Strength Training
- BWL Level 2 Certificate in Coaching Weightlifting

Online learning only

Length of Level 3 Certificate:
16 - 24 hours

Combined price of course (Level 2 Award and Level 3 Certificate):

Standard Price: £775
Member Price: £736.25