



CPD: Essentials of Weightlifting Technique

This course is for gym-goers, athletes, lifters, BWL coaches, sports coaches, personal trainers and strength and conditioning coaches who are interested in engaging in continual professional development: allowing you to 'up skill', 're-skill' or 'refresh' your weightlifting knowledge.

The course centres on creating an objective look at weightlifting technique and the ability to effectively analyse this technique so that you can successfully select exercises to turn your clients weaknesses into strengths.

The course content has been developed by the best in the business, with knowledge built up and adapted over many years to create a CPD certification from the experts in weightlifting and strength and conditioning. And whilst the concepts concentrate on the sport of weightlifting, they can be used in any sporting environment.

Knowing how to properly analyse technique objectively and to effectively apply your learnings will enable you or your clients to further improve performance.

What will I learn?

The Essentials of Weightlifting Technique builds on the fundamentals of weightlifting, to focus on key areas of optimal technique in more depth.

You will have access to the BWL Technical Model – a unique model which has been developed to support athletes of any ability or age. By using this model you will be able to understand the biomechanical concepts which underpin the key positions, be able to critically evaluate technique and understand how to programme using feedback aligned to the model.

Understand the inter-relationship of three critical components in analysing technique: weight distribution, posture and bar trajectory. The course illustrates the effect these factors have on making or missing lifts as well as helping you understand how to assess what area a lifter may be lacking in.

It will also allow you to understand the relevance of key assistance exercises and how they relate to specific components of the lifts.

Assessment

This online course has no practical assessment. There is an optional online assessment to be completed to receive a BWL certificate.

Prerequisites

You must have at least 1 years' experience in practicing or coaching strength-based activity or weightlifting.

Online learning only

Length of Course: 10 - 12 hours

Plus, resources and material you can go back to time and time again.

Price of course

Standard Price: £150 + VAT

Member Price: £143 + VAT