



Certification: 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 this course 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.

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 this course:

Online learning

Length of course: 12 - 16 hours

Price of course:

Standard Price: £350

Member Price: £333

Online learning with face to face practical

Length of course: 12 - 16 hours

Plus an additional 1-day practical session

Price of course:

Standard Price: £375

Member Price: £356