



Certification: 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 this course 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.

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 this course:

Online learning

Length of course: 24 - 48 hours

Price of course:

Standard Price: £450

Member Price: £428

Online learning with face to face practical

Length of course: 24 - 48 hours

Plus an additional 1-day practical session

Price of course:

Standard Price: £500

Member Price: £475