



Certification: 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

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 Tutor. 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 covers a review of the BWL Technical model in more detail, challenging learners to determine the purpose of the exercises, key coaching points for each exercise and how a coach might programme these exercises in a training block. The session also looks at the Power Snatch, an Olympic Weightlifting derivative, looking at WD-Posture-Bar trajectory and programming considerations.

continued overleaf...

What does this course 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.

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

We offer 2 ways to complete this course:

Online learning

Length of Course: 16 - 24 hours

Price of course:

Standard Price: £475

Member Price: £451

Online learning with face to face practical


Length of Course: 16 - 24 hours

Plus an additional 1-day practical session

Price of course:

Standard Price: £500

Member Price: £475



You will spend time practising coaching 18 strength exercises following the teaching process you have learnt as part of your online learning ensuring you are able to adapt your coaching techniques using vocabulary and terminology, non-verbal cues, positioning, questioning style.

You will recap on theory and programming of plyometrics along with some practical exercise demonstrations.

Finally, you will have the opportunity to ask BWL tutors questions relating to the e-learning already covered and how it translates into practical learning including the principles that underpin programme design including how to approach designing a programme, the nuances around individual session planning and how to adapt sessions for groups and individuals and create a positive and engaging training environment.

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