

1st4sport Level 2 Award in Instructing Weight Lifting & 1st4sport Level 2 Certificate in Coaching Weight Lifting

Who is it designed for?

The combined Level 2 course is suitable for those who are new to instructing/coaching but who have some knowledge of weight lifting and would like to learn how to apply that within a coaching environment, or experienced instructors/coaches looking to develop their knowledge on coaching weight lifting. This is a fast track based course with both courses being delivered back to back.

What are the requirements to go on the course?

Candidates are required to:

- Be at least 17 years of age on the first day of the course
- Have some experience of the lifts and weight lifting
- Be able to communicate effectively in English

How is the qualification delivered?

This course is delivered across 4 days by an accredited British Weight Lifting tutor and involves assessment throughout. The first section of the course is based on the Level 2 Instructing Weight Lifting inclusive of the 10 lifts, followed by the Level 2 Certificate in Coaching Weight Lifting. The qualification will also require learners to complete the e-learning modules for the courses, both prior to and away from the course.

Resources:

All learners will receive access to the e-learning platform inclusive of theory tasks and videos for learning.

Re-assessment:

Candidates can be reassessed twice within a 12 month period from registration (subject to £75 assessment fee each time)

How to Book:

Please go to the [course calendar](#) for available dates and select the venue you would like to attend, to book through the online booking system. Please note access to the e-learning platform is granted 2 weeks before a course start date, so it is recommended you book onto the course prior to this date. However, you are able to book after this date, but you will still need to complete the e-learning modules prior to attending the face to face course dates.

For all enquiries please contact courses@britishweightlifting.org or 0113 2249402.

Prices:

The combined course is priced as below:

- £600 Member
- £650 Non- Member