



UKCC (1st4sport) Level 1 Award in Coaching Weight Lifting

Who is it designed for?

The UKCC (1st4sport) Level 1 Award in Coaching Weight Lifting is suitable for those who are new to coaching, but who have some knowledge of the sport and would like to learn how to apply that in a coaching environment. Coaches should be committed to their own development and should be looking to gain experience whilst working with a more experienced coach who is already qualified at Level 2 or higher.

To provide learners with an introduction to the processes and principles of coaching Weight Lifting to adults and children. The Award offers an opportunity for those with little or no experience of coaching to be introduced to the principles of planning, delivering and evaluating coaching activities in Weight Lifting. They will be helped to understand how to effectively assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.

What does the Level 1 Award qualify me to do?

The course will qualify the successful candidate to introduce, under supervision:

- The basic moves of the snatch and clean and jerk
- Small group sessions on the basic moves of weight lifting

What are the requirements to go on the course?

Candidates are required to:

- Be at least 16 years of age on the first day of the course
- Have some experience of the lifts and weight lifting

How is the qualification delivered?

The UKCC (1st4sport) Level 1 Award in Coaching Weight Lifting will be delivered by an accredited British Weight Lifting tutor. Achievement of the qualification is normally through attendance on a course of training and assessment. Due to the nature of this qualification and the related learning and assessment methods the most effective way to provide a course is via a holistic training and assessment package in the context of coaching Weight Lifting.

Course Structure:

The course is delivered over 2 days guided learning hours where a practical assessment will be completed. Completion of the e-learning modules prior to and away from the course is also required.

The layout for the course is usually as below:

Day 1

- 09.00 - 09.15 Introduction and Welcome
- 09.15 - 12.30 Practical Coaching
- 12.30 - 13.00 Lunch
- 13.00 - 16.30 Practical Coaching
- 16.30 - 17.00 Recap

Day 2

- 09.00 - 11.30 Practical coaching
- 11.30 - 12.00 Recap of sessions and assessment planning
- 12.00 - 12.30 Lunch
- 12.30 - 17.00 Practical Coaching and assessments

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.

Please note any requests for specific support or reasonable adjustments should be sent to courses@britishweightlifting.org prior to signing up for the course, where they will be considered on an individual basis.

Prices:

The Level 1 Award in Coaching Weight Lifting course is priced as below:

- £300 for a BWL member
- £350 for a non-member (please note if you want to become a member you will need to join BWL before joining the course)