



UKCC (1st4sport) Level 2 Certificate in Coaching Weight Lifting

Who is it designed for?

The UKCC (1st4sport) Level 2 Certificate in Coaching Weight Lifting is for coaches who have experience of assisting in the delivery of coaching sessions to groups of people. The certificate enables coaches to independently create, deliver and evaluate a series of linked and progressive Weight Lifting coaching sessions to groups of beginner and intermediate level weight lifters. The course is designed to enable learners to identify and correct common technical faults in both the Olympic lifts.

What does the Level 2 Certificate qualify me to do?

The course will qualify the successful candidate to:

- Create, deliver and evaluate a series of linked and progressive weight lifting sessions
- Supervise other coaches to deliver weight lifting sessions
- Deliver independent coaching sessions to groups

What are the requirements to go on the course?

Candidates are required to:

- Have completed a UKCC (1st4sport) Level 1 Award in Coaching Weight Lifting or UKCC (1st4sport) Level 2 Award in Instructing Weight Lifting
- 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?

The UKCC (1st4sport) Level 2 Certificate in Coaching Weight Lifting will be delivered by an accredited British Weight Lifting tutor. The course is delivered over 2 days face to face delivery (pre-booked) and completion of the e-learning modules.

Course Structure:

The course is delivered and assessed across 2 days of guided learning, with assessments carried out on both days, as well as completion of the e-learning modules prior to and during the course.

The layout for the course is usually as below (Practical coaching included on-going assessment):

Day 1

- 09.00 - 09.15 Welcome
- 09.15 - 13.00 Practical
- 13.00 - 13.30 Lunch
- 13.30 - 16.30 Practical
- 16.30 - 17.00 Recap

Day 2 (usually 2-3 weeks later)

- 09.00 - 09.30 Welcome and recap
- 09.30 - 12.00 Practical
- 12.00 - 12.30 Assessment planning
- 12.30 - 13.00 Lunch
- 13.00 - 13.30 Session planning
- 13.30 - 16.00 Practical
- 16.00 - 17.00 Feedback and action planning

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 24-month period from registration (subject to a £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 2 Certificate in Coaching Weight Lifting course is priced as below:

- £450 for a BWL member
- £500 for a non-member (please note if you want to become a member you will need to join BWL before joining the course)