



1st4sport Level 2 Award in Instructing Weight Lifting

Who is it designed for?

The 1st4sport Level 2 Award in Instructing Weight Lifting is suitable for those who are new to instructing but who have some knowledge of general weight lifting and would like to learn how to apply that in an instructing environment, or experienced instructors (or those working within a gym environment) looking to develop their knowledge on instructing weight lifting.

(Please note if you are wanting to coach Weight Lifting and apply for a coach licence, then you will need to follow the coaching pathway).

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 1st4sport Level 2 Award in Instructing Weight Lifting will be delivered by an accredited tutor. It is delivered over 2 days as the normal delivery method, covering the below exercises. Completion of the e-learning modules prior to and away from the course is also required.

- Front squat
- Back squat
- Deadlift
- Romanian Deadlift
- Lunge
- Shoulder Press
- Bench Press
- Clean and jerk
- Snatch
- Bent over row

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 1st4sport Level 2 Award in Instructing Weight Lifting course is priced as below:

- £250 for a BWL member
- £300 for a non-member (please note if you want to become a member you will need to join BWL before joining the course)