



## **BWL Level 3 Certificate in Instructing Weight Training**

### **Who is it designed for?**

The Level 3 Certificate in Instructing Weight Training is for Instructors/Personal Trainers who have some experience of delivering independent sessions to groups or individuals. The certificate enables instructors to independently create, deliver and reflect on a yearlong programme whilst monitoring and adapting sessions/plans as required. Parts of the course are made up of practical activities allowing instructors the opportunity to experience delivering and participating within instructing sessions.

*(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:

- Have completed one of the following qualifications: Level 2 Award in Instructing Weight Lifting, a Level 3 Personal Trainer Qualification or equivalent as recognised by BWL
- Be at least 18 years of age on the first day of the course
- Have some experience of the lifts and weight training
- Be able to communicate effectively in English

### **How is the qualification delivered?**

The Level 3 Instructing Weight Training will be delivered by an accredited British Weight Lifting tutor. 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, usually over a minimum of 2 days face to face delivery. Completion of the e-learning modules prior to and away from the course is also required.

### **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 on-line 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](mailto:courses@britishweightlifting.org) or 0113 2249402.

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

**Prices:**

The Level 3 Certificate in Instructing Weight Training course is priced as below:

£350 for a BWL member

£400 for a non-member (please note if you want to become a member you will need to join BWL before joining the course)

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