



# STRENGTH TRAINING DIPLOMA FROM THE BRITISH WEIGHT LIFTING COLLEGE

## COURSE OVERVIEW

This strength-based course is highly practical offering the core techniques and skills to instruct sessions that can be used to improve strength and conditioning within all types of sport and physical activity. You will explore a variety of training lifts, enabling you to programme an athlete in a test and learn environment. You will develop your knowledge of strength coaching by planning, delivering and evaluating safe and effective sessions. In the classroom you will cover 18 core elements of sporting performance and excellence such as anatomy, physiology, coaching, psychology and analysis.

**The application process is now open for new students.**

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## START DATE / DURATION / LOCATIONS

This course starts in September 2020 and will take two years to complete. The British Weight Lifting College will be located in Leeds and Sheffield for the 2020/21 academic year.

## ENTRY REQUIREMENTS

5 GCSEs at Grade 4 or above must be achieved and must include Maths and English

## YOU WILL ACHIEVE

Level 3 Extended Diploma (Equivalent to 3 A Levels) in Strength Training.

## COURSE CONTENT

The exclusive BWL course is split into 18 modules that all relate to sport and fitness. Included are 10 hours of weekly interactive sessions in a gym which will provide you with the technical knowledge of over 20 lifts including the BWL technical models for the snatch and the clean and jerk. The lifts are not just limited to the barbell, with variations introduced using kettlebells and dumbbells.

The practical elements of the course focus on the principles of effective programming:

- An ability to coach/instruct strength exercises to ensure they are technically correct and safe
- An extensive "toolbox" of training exercises and interventions including how to vary load and resistance
- An understanding of how the body adapts to training and how to organise training to maximise desirable adaptations
- How to evaluate, analyse and monitor athlete progress

In addition, you will learn how to perform the lifts yourself, improving your own strength, fitness and mental health.



## WHO DELIVERS THE DIPLOMA?

The tutors delivering the practical elements to the course are strength experts working for the national governing body for weight lifting. There will also be guest appearances, so you have opportunities to meet and receive practical demonstrations and advice from specialists including international athletes and World Class coaches.

The course will be further supported by the partnership with Leeds United Football Club, who will add their weight and expertise around teaching and delivery.

## FUTURE PROGRESSION

This course is a perfect stepping for further education such as sports science or strength and conditioning degrees. It can also help you progress into a career in sport or fitness including roles such as:

- NGB performance roles including World Class funded programmes
- Performance roles in professional sport
- PTs in private gyms and public leisure facilities
- Sporting roles at Universities, Colleges and Schools.



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## ZOE SMITH, OLYMPIC WEIGHT LIFTER

*"If there had been a Level 3 Extended Diploma in Strength Training from British Weight Lifting when I was about to embark on my A Levels I would have absolutely been interested in signing up to the course. I didn't complete my A-levels when I was 16 and am in the process of going back to college to get them. A strength training diploma from the governing body for weight lifting is great because it is the equivalent of 3 A-Levels but yet it includes 10 hours of weekly interactive sessions in a gym delivered by tutors that are experts in strength!"*

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