

British Weight Lifting - Education Pathway



At BWL we deliver a variety of industry recognised courses and qualifications for coaching, instructing and improving your lifting. We work in partnership with Focus Awards (regulated awarding body) to accredit our qualifications.

| | Weightlifting Coaching | S&C | Personal Training | Functional Fitness Coach | Kettlebell Instructor | Continual Professional Development | Technical Official |
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| | | | | | | | |
| Level 4 | | Level 4 Diploma in Coaching Strength and Conditioning | | | | | |
| Level 3 | Level 3 Diploma in Coaching Weightlifting | Level 3 Certificate in Coaching Strength and Power | Level 3 Certificate in Planning and Delivering Personal Training | | | | |
| Level 2 | Level 2 Certificate in Coaching Weightlifting | Level 2 Award in Coaching Strength Training | Level 2 Certificate in Planning and Delivering Gym-Based Exercise | Level 2 Award in Coaching Functional Fitness | Level 2 Award in Instructing Kettlebells | Essentials of Weightlifting Technique Essentials of Weightlifting Competition Essentials of Weightlifting Programming | Level 2 Technical Official |
| Level 1 | Level 1 Award in Coaching Weightlifting | | | | | Fundamentals of Nutrition for Fitness Fundamentals of Teaching the Olympic Lifts Fundamentals of Functional Fitness Fundamentals of Programming for Functional Fitness | |