



Coach – E-learning and Practical

The Course

The course consists of two parts: the first being the online content that needs to be successfully completed and passed by all learners and the second to complete 2 days of practical delivery and assessments.

Modules include:

- Roles and responsibilities of a coach including safeguarding and behaviour management
- Effective communication when teaching in sport
- How to plan, deliver and review linked and progressive sessions for athletes
- Safety in the sport
- Anatomy and physiology
- Fitness and nutrition for Weightlifting
- The lifts – The Snatch and the Clean and Jerk. Find and correct faults and learn how to move between the key positions
- Accessory lifts including squats; deadlifts and derivatives of the Olympic lifts
- Introduction to competition coaching

Course Prerequisites

- Have completed a UKCC Level 1 Award in Coaching Weightlifting or BWL Level 2 Award in Instructing Weightlifting (or equivalent as recognised by BWL)
- Be at least 17 years of age on the first day of the course
- Be able to communicate effectively in English

What Will I Be Qualified To Do?

Successfully passing this award will allow you to start actively coaching the sport of Weightlifting. You will also be eligible to progress further on our Education Pathway by meeting the requirements to move onto our Level 3 Certificate in Coaching Weightlifting and also our Level 3 Award in Instructing Weightlifting.