CPD: Essentials of Weightlifting Competition

This course is for athletes, BWL coaches, personal trainers and strength and conditioning and sports coaches who are interested in continuing their professional development. This course can help coaches and athletes better understand the demands of competing in weightlifting. It also provides a framework for athletes to ensure they are well prepared to deliver personal bests when it matters.

What does this course qualify me to do?

This course will allow you to guide athletes through competitions to help accomplish their best results. This course can help coaches and athletes better understand the demands of competing in weightlifting, and provide a framework for athletes to ensure they are well prepared to deliver personal bests when it matters. Please note: to coach at BWL competitions you must hold your Level 2 Certificate in Olympic Weightlifting and hold a BWL Coach License.

Prerequisites

There are no prerequisites for this course.

Online learning only

Length of Course: 10 - 12 hours

Price of course

Standard Price: £150 + VAT
Member Price: £143 + VAT

This online course has no practical assessment. There is an optional online assessment to be completed to receive a BWL certificate.