



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 will I learn?

Developed by leading weightlifting coaches with many years of competition experience you will gain insight from the world of sport psychology as well as some of the key themes that make up the Complete British Weightlifter guide which has been produced by BWL's performance team. Using information and data from international competitions we have provided insight on what top weightlifting nations do and what lessons we learn from them.

This course will introduce coaches and athletes to competition strategies, including:

- How to prepare for competition
- What to expect on competition day
- How to use competition experience to reflect and continue to improve

Get access to the BWL tactical syllabus. This includes session plans which focus on key areas for tactical development such as:

- Focus and control
- Time pressure
- Decision making
- Subjective performance pressure
- Objective performance pressure

The course will also briefly outline the key details for competing in the UK:

- How to qualify for competitions
- Structure of competitions in the UK
- Rules and regulations in the UK

Coaches and athletes will be introduced to British Weight Lifting's philosophy on:

- Long-term athlete development – how many times should athletes compete in a year at different stages of development?
- The right time to compete as part of an athlete's development

Introduces physical and psychological tactics and strategies to help perform at competitions, including:

- Pre-performance routines
- Tapering for competitions
- Decision making in line with long term goals

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

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 you **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

Plus, resources and material you can go back to time and time again.

Price of course

Standard Price: £150 + VAT

Member Price: £143 + VAT