



CPD: Fundamentals of Teaching the Olympic Lifts

This course is for athletes and coaches who are interested in learning how to perform the snatch, clean and jerk. The information provided can help athletes who might be looking to participate in weightlifting as their main sport, as well as those who are looking to derive strength and power that can be acquired by performing the lifts for other sports. The course will also provide insight into the BWL Teaching Method, which is delivered in detail on our Level 1 Award in Coaching Olympic Weightlifting course.

What will I learn?

The content in this course focuses on an introduction to how coaches and athletes can teach and perform the basic elements of the Olympic lifts safely and effectively, to people of all ages and abilities. Acquiring the required skills to perform the Olympic Lifts can be a challenging process however, as part of this course we demonstrate how the lifts can be simplified and taught in a manner that is appropriate for an individual on a case-by-case basis. Through this course, we hope to introduce a framework for coaches and athletes to teach and perform the snatch, clean and jerk at an introductory level that helps participants enjoy the fantastic benefits that can be derived by performing them.

This online course has no practical assessment. At the end of the course learners complete an online assessment. This assessment is designed to test learners' understanding of what has been covered on the course. Once the assessment is successfully completed learners will receive a BWL certificate.

Prerequisites

Some basic understanding of the Olympic Lifts.

Online learning only

Length of Course: 2 - 4 hours

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

Price of course

Standard Price: £100 + VAT

Member Price: £95 + VAT