

British Weight Lifting - Instructing Pathway - Weight Training

Are you looking to expand your weight lifting knowledge and skills? Are you a Personal Trainer, CrossFit Coach or Strength & Conditioning Coach? If so, this is this pathway is for you!

At British Weight Lifting we have created the Instructing pathway to equip sports, health and fitness professionals with the tools to instruct weight lifting/training to the highest standards. Using the core techniques and skills taught as part of this course, you will be able to instruct weight lifting/training sessions that can be used to improve strength and conditioning within all types of sport and physical activity.

LEVEL	LEVEL 2 AWARD IN INSTRUCTING WEIGHT TRAINING	LEVEL 3 CERTIFICATE IN INSTRUCTING WEIGHT TRAINING
Role	Independent Weight Training Instructor	Advanced Weight Training Instructor
Who is the course aimed at?	<ul style="list-style-type: none"> Those new to a gym environment who want to learn more about the most effective strength exercises How to instruct the Olympic Lifts using the BWL Teaching Method How to safely and effectively instruct in a fitness/training environment Those who want to programme weight training for up to 6 weeks in a fitness/training environment 	<ul style="list-style-type: none"> Entry level for Personal Trainers Those who want to increase their knowledge as an Instructor People delivering group or individual sessions Those who want to programme weight training for up to a year in a fitness/training environment
What does it cover?	<ul style="list-style-type: none"> How to instruct the following lifts: <ul style="list-style-type: none"> Front squat Back squat Deadlift Romanian deadlift Lunge Press Bench press Clean and Jerk Snatch Bent over row How to evaluate sessions How to plan linked and progressive sessions for 6 weeks 	<ul style="list-style-type: none"> Independently create, deliver, reflect and adapt on a yearlong programme Monitoring and adapting sessions/plans as required 26 lifts covered on course including: <ul style="list-style-type: none"> Squats Presses Deadlifts Olympic Lifts and variations using Barbells and Dumbbells The BWL Technical Model for the Olympic Lifts Assessment including client profiling; weight training risk assessments
Instructing outcomes	<ul style="list-style-type: none"> To be able to instruct weight training to lift safely to an individual or group The ability to create a 6-week programme for their client to follow to improve on their lifting 	<ul style="list-style-type: none"> To be able to instruct weight training safely and effectively How to ensure long-term improvement through effective programming How to improve their client's lifting skills through monitoring and adapting sessions to achieve their goals
What does it qualify me to do?	<ul style="list-style-type: none"> Instruct clients to lift safely in a fitness/training environment 	<ul style="list-style-type: none"> Instruct clients to lift safely in a fitness/training environment Plan effectively for a year long programme including individual goals
Recommended Continued Professional Development	<ul style="list-style-type: none"> Progression to Level 3 Instructing Weight Training Interested in the Olympic Lifts more? Check out the Level 2 Coaching Olympic Weightlifting 	<ul style="list-style-type: none"> Lift Clean Awareness Safeguarding Equality and Diversity
Pre Requisites	<ul style="list-style-type: none"> Entry level course Be at least 16 years of age Have a minimum of one year experience in participation in weight lifting activities Be able to communicate effectively in English (this includes listening, speaking, reading and writing). 	<ul style="list-style-type: none"> Entry level course for Personal Trainers Have completed one of the following qualifications: BWL Level 2 Award in Instructing Weight Lifting, a Level 3 Personal Trainer Qualification or equivalent as recognised by BWL Be at least 18 years of age on the first day of the course Have some experience of the lifts and weight training Be able to communicate effectively in English