



INTRODUCTION TO WEIGHTLIFTING ONLINE COURSE

OVERVIEW

Discover the amazing sport of weightlifting – its history, its many associated benefits and how you can learn to perform the lifts: snatch, clean and jerk.

Rather than learning to follow one rigid training approach, you'll learn how you can take fundamental training principles and adapt them to work for you.

THE COURSE CONTAINS 4 MODULES:

1. ABOUT YOU

This module helps you understand how you work best – how you think, what motivates you, and how to set goals. You'll also explore how others can support your progress.

2. STARTING WEIGHTLIFTING

Here, you'll learn about the sport itself, including its benefits, how to stay safe and how competitions work in the UK. You'll also find out how you can prime yourself for success by performing an evidence-based warm-up, that is tailored to your unique needs.

3. THE LIFTS

This is where you'll begin learning the movements. You'll start with the basics and build towards the full lifts: the snatch, and the clean and jerk.

4. THE PROGRAMME

Finally, you'll bring everything together to create a programme that suits you. Instead of following a one-size-fits-all plan, you'll build something that matches your goals and lifestyle.

Each module features several lessons – what we refer to as “sessions.” These break down key areas into smaller, digestible chunks of information. As you work through these sessions, you'll be invited to complete interactive activities to enhance your knowledge and help you take what you learn and put it into practice.

YOU'LL LEAVE WITH:

- Understanding of the benefits of weightlifting training – for health and sports performance
- A library of 50 exercises (including key athletic motor skill competencies, foundation strength exercises and weightlifting derivatives – all with key coaching points)
- Guidance on how to structure a training session – including an evidence-based warm-up framework to enhance your short- and long-term performance
- A step-by-step guide on how to create a personalised programme based on your current ability, goals and available time
- Understanding of key off-the-platform concepts such as identity and recovery – and why these can help you to get the most out of your training
- Tools to help you develop the mental skills used by elite performers, including goal setting and how to create your own support team

We believe that strong is for everyone – whatever your age, stage or level. In this course we'll provide a brief guide to weightlifting, its history and benefits. We'll then focus on helping you to find your strong at the start of your lifting journey.

PRICE:

£12 (including VAT)

DURATION:

Self-paced short course

ENTRY REQUIREMENTS:

None

IDEAL FOR:

- Beginners interested in weightlifting
- Individuals who are looking to create a well-rounded weightlifting programme that works for them
- Individuals who are interested in long-term development in weightlifting

PROGRESSION:

- Introduction to Weightlifting – Practical
- Level 1 Award in Coaching Weightlifting