

Online Level 3 Certificate in Coaching Strength Training

Roles and Responsibilities

There is an expectation that coaches behave appropriately with the athletes they engage with. This will mean they need to develop a skillset that allows them to support a diverse group of individuals:

- Review the specific role and key responsibilities of a Strength & Power Coach
- Understand Safeguarding and your role
- Recognise abuse

Safety in the Gym

As a fitness professional, you'll know how important gym health and safety is. Without proper knowledge and training, the chances of someone getting injured are high. This module will cover:

- Safety considerations for gym equipment
- Safety considerations for a client's session
- Safety Checklists
- Risk Assessments
- Physical Activity Readiness questionnaire (Par-Q's)
- Managing Injuries
- Best Practice

Anatomy and Physiology

During this course you will be introduced to the anatomical demands of strength and power training. This will provide coaches with the underpinning knowledge that allows them to develop effective training programmes that improve key physical attributes. In particular this module will focus on:

- Bones
- Joints
- Joint movements
- Muscles
- Muscle fibres and tendons
- Motor units
- Muscle contractions
- Health related benefits to weight training

Nutrition

Nutrition fuels the body, allowing us to move and perform. Nutrition also forms a vital part of the strength training process as we need to ensure the intake of certain nutrients to support muscle growth. This unit will cover understanding different food groups and how they contribute to optimising our health and fitness.

Strength Training Theory

During this course, coaches will be introduced to some of the principles of Strength Training Theory. Understand the following variables and how to use them in your coaching:

- General Adaptations Syndrome

- Fitness - Fatigue Model
- Delayed Onset Muscle Soreness (DOMS)
- Neurological adaptations
- Morphological adaptations
- Development of specific physical qualities

Biomechanical Concepts

Biomechanics is an interdisciplinary field that uses the principles of mechanics to improve the human body through design, development, and analysis of equipment, systems, and therapies. Understand more about:

- Newtons laws of motion
- Biomechanical levers
- Force
- Mass and base Support
- Force velocity, Acceleration, Load

BWL Technical Model

During the course you will receive access to the latest BWL Technical Model,

which has been designed to provide coaches with a template that helps them to optimise an client's technique based on their individual differences, rather than attempting to adopt a one-size-fits-all philosophy.

Coaches will learn about the fundamental areas of weightlifting technique. They will also be able to identify the areas of technique that will differ based on an individual's strength profile and body proportions. This will give coaches the tools they need to develop the technical skill to make the most of their physical potential. Using the Technical Model effectively will allow coaches and clients to be more objective in their decision making. This can result in more meaningful interventions that help an athlete to maximise their capabilities.

Olympic lifts: Snatch

The Snatch - 'A single continuous movement whereby the bar is lifted over the head to the full extent of both arms'

- Identify the key positions for the Snatch
- Identify the stable technical components for each key position
- Learn the good practice components for each key position
- Identify the variable technical components for each position
- Use the BWL process for collecting a Snatch technical series

Olympic Lifts: Clean

The Clean - A movement which involves the bar being lifted to the chest

- Identify the key positions for the Clean
- Identify the stable technical components for each key position

- Learn the good practice components for each key position
- Identify the variable technical components for each position
- Use the BWL process for collecting a Clean technical series

Olympic Lifts: Split Jerk

The Split Jerk - Is a technique that is used to lift a load overhead that is heavy.

- Identify the key positions for the Split Jerk
- Identify the stable technical components for each key position
- Learn the good practice components for each key position
- Identify the variable technical components for each position
- Use the BWL process for collecting a Split Jerk technical series

Olympic Lift Derivatives

Olympic Lift derivatives can be used to enhance athletic performance, not just in the world of weightlifting but many other sports too.

- Profiling the power variations

Strength Training Exercises

During the course coaches will learn about barbell and dumbbell exercises that work the entire body:

- Back Squat
- Front Squat
- Deadlift
- Sumo Deadlift
- Stiff Leg Deadlift (Romanian Deadlift)
- Good Morning
- Barbell Lunge
- Press
- Press Behind Neck
- Barbell Bench Press
- Barbell Bent Over Row
- Dumbbell Split Squat with rear foot elevated
- Dumbbell Lunge
- Dumbbell Single Arm Row
- Dumbbell Pec Fly
- Dumbbell Lateral Raise
- Dumbbell Prone Fly
- Dumbbell Bicep Curl

Plyometrics

Plyometrics is a training method that uses explosive and powerful exercises to build muscle power. Plyometrics training can improve your client's athletic performance or day to day activities. As part of this module, you will cover:

- A Brief History of Plyometrics
- Plyometric Training Theory

- Programming Plyometrics
- Plyometrics in training - Top tips
- Jumping in place exercises
- Stand jumps exercise
- Depth Jumps
- Box Jump exercises
- Bounding Exercises
- Ball Exercises

Profiling

Profiling allows you to analyse your client in order to predict or assess their ability. You will learn:

- The 7 areas of profiling a client
- Why each process is vital to creating a programme
- Key considerations both in and out of the gym.

Monitoring

Monitoring training will allow you to maintain control of the training process and ensure a proactive adaptive response. Develop your knowledge of:

- Monitoring Questionnaires
- RPE scale
- Training Load Monitoring
- Performance Tracking
- Performance Capacity

Programming

During this course, coaches will be introduced to key training principles. Using this information coaches will be able to programme effectively for their client, based on their current stage of development. Coaches will also access BWL's programming guidelines, which have been drawn from a combination of extensive research and coaching experience.

- Principles of Training
- Training Variables
- Exercise Selection
- Exercise Ordering
- Muscle Actions
- Repetition Velocity
- Rest
- Intensity
- Volume
- Training Frequency
- Prescription Guidelines

Periodisation

Periodisation allows you to plan and implement a training programme over time. You will understand more about what periodisation is and its benefits, along with:

- The Matveyev Model
- Periodisation training cycles
- The training phases
- How to create a periodised programme