



Certification: Level 2 Award in Coaching Strength Training

The Level 2 Award in Coaching Strength Training is an entry level course. If you have at least one years' experience participating in strength-based activities and you would like to develop your knowledge to become a Strength Coach this course will enable you to start coaching.

This course is also for you if you are already working as a Trainer or Instructor within the fitness industry and would like to add Strength Coaching to your CV.

What will I learn?

Effective coaching techniques and how to work with a range of different clients with sports specific goals or strength targets, including individuals and groups. Safe coaching practices, how to design and plan strength-focused training sessions, a detailed profile of 11 key strength training exercises and an understanding of programming, anatomy and nutrition in line with strength training.

Take a look at all **10 modules**.

Add a practical day to your learning

With the benefit of combining online and practical learning, you'll gain invaluable experience and feedback from a fully qualified BWL tutor. Our tutors have a broad range of backgrounds and skills from education, strength & conditioning and coaching providing you with the most comprehensive training and skills to become a great coach.

As part of the 1-day practical you will review the BWL technical model for the snatch and the clean & jerk to ensure you are able to add stable and good practice components when coaching the key positions. You will understand the physiological and psychological benefits of the warm up along with having peer to peer practise and support coaching the snatch and the clean & jerk.

You will spend time practising coaching 9 strength exercises following the teaching process you have learnt as part of your online learning ensuring you are able to adapt your coaching techniques using vocabulary and terminology, non-verbal cues, positioning and questioning style.

You'll also have the opportunity to ask BWL tutors questions relating to the e-learning already covered and how it translates into practical learning including programming and session planning considerations and the principles that underpin programme design.

What does this course qualify me to do?

Whilst this course has been developed using our extensive knowledge of Olympic weightlifting, it is not limited to the Olympic lifts. It has been designed to benefit a variety of individuals, regardless of their gym experience, including people with specific goals to improve performance across a range of different sports.

Prerequisites

You must be at least 16 years of age at the time of booking, have a minimum of one years experience of participation in weightlifting and/or strength-based activities and be able to communicate effectively in English.

We offer 2 ways to complete this course:

Online learning

Length of course: 12 - 16 hours

Price of course:

Standard Price: £350

Member Price: £333

Online learning with face to face practical

Length of course: 12 - 16 hours

Plus an additional 1-day practical session

Price of course:

Standard Price: £375

Member Price: £356