

Level 2 Award in Instructing Kettlebells – Course Topics

Topics on the course include:

Kettlebell training theory

- A brief history of kettlebell training
- The benefits of kettlebell training
- Choosing the correct kettlebell weight

Kettlebell training safety

- How to create a safe training environment
- Specific considerations for using kettlebells
- Contraindications for kettlebell training
- Prerequisites for kettlebell training

Warm up and cool down

- Components of a warm up (including the BWL warm up)
- Components of a cool down (including the BWL cool down)

Kettlebell exercises

The course focuses on single kettlebell exercises, which lay the foundations for more advanced kettlebell exercises that instructors may want to use in the future. Exercises covered on the course include:

- The swing
- The squat
- The clean
- The press
- The jerk
- The snatch
- The get-up

British Weight Lifting have integrated a technical breakdown of the key positions for each kettlebell lift, which includes objective teaching points that can be used for any client, irrespective of their anthropometry. This section of the course also covers:

- Lift Regressions and progressions
- Videos and images of each lift

Programming fundamentals

- A breakdown of key training principles
- An overview of training variables and how they relate to kettlebell training

Planning a kettlebell training session

- How to sequence kettlebell exercises when used as a single training mode in a programme
- How to monitor training intensity effectively
- How to integrate kettlebell exercises with other training modalities
- How to utilise the BWL Teaching Process when instructing clients to perform kettlebell exercises