



1st4sport Level 2 Award in Olympic Weight Lifting

Who is it designed for?

The 1st4sport Level 2 Award in Olympic Weight Lifting is designed to allow the learner to efficiently and safely perform a range of Olympic Weight Lifting techniques. Learners will gain an understanding of how to check that the environment is safe to lift and provide knowledge to perform an appropriate warm up and cool down. Learners from the age of 14 and above will be appropriately suited to attend the performance based qualification.

What are the requirements to go on the course?

Learners are required to:

- be at least 14 years of age or over
- be able to communicate effectively in English (this includes listening, speaking, reading and writing).
- It is advisable for the learners to have experience in both the Snatch, Clean and Jerk.

How is the qualification delivered?

The 1st4sport Level 2 Award in Olympic Weight Lifting will be delivered by an accredited tutor, usually over 4 hours.

Course Structure:

Achievement of the qualification is normally through attendance on an intensive 4-hour course of training and completion of the e-learning modules inclusive of all assessed tasks.

Resources:

All candidates will receive access to the e-learning platform to support the qualification including videos and tasks which contains the assessment tasks.

Re-assessment:

Candidates can be reassessed twice within a 12-month period from registration (subject to £50 assessment fee each time)

How to Book:

Please go to the [course calendar](#) for available dates and select the venue you would like to attend, to book through the online booking system. Please note access to the e-learning platform is granted 2 weeks before a course start date, so it is recommended you book onto the course prior to this date. However, you are able to book after this date, but you will still need to complete the e-learning modules prior to attending the face to face course dates.

For all enquiries please contact courses@britishweightlifting.org or 0113 2249402.

Please note any requests for specific support or reasonable adjustments should be sent to courses@britishweightlifting.org prior to signing up for the course, where they will be considered on an individual basis.

The course is priced as below:

Members £100

Non-members £120 (please note if you want to become a member you will need to join BWL before joining the course)