

## Online Level 2 Award in Coaching Strength Training

### Roles and Responsibilities

- Review the specific qualities and behaviours of an effective strength coach to support a diverse group of individuals and build a rapport with clients.
- Learn to be a teacher, leader and role model to clients or groups you are coaching while ensuring their safety.

### Effective Communication

- Learn more about key concepts, including motivation and self-reflection.

### Safety in the Gym

- Learn safe coaching practises to mitigate the risk of injury when strength training.
- Learn about the fundamentals of spotting and safely failing a lift

### Anatomy and Physiology

- Learn about the major muscle groups and joint functions.
- Understand anatomical function and the context for why certain strength training exercises may be used

### Nutrition

- Cover a brief introduction to nutrition which is essential for optimising performance.

### Strength Training Theory

- Understand the theory of strength training to be able to provide context to individuals and clients when coaching:
  - Benefits of strength training
  - Adaptation theory
  - Principles of training
  - Training variables
  - Physical qualities developed through strength training

### BWL Technical Model

- Learn why we use the BWL Technical Model
- Understand how to use key concepts within the model – including the Technical Components and Technique Triangle

### The Olympic Lifts

- Identify the key positions for the Snatch, Clean and Jerk
- Learn the stable technical components for each key position
- Learn the good practice components for each key position
- Learn how to capture a technical series for each lift

### Strength Training Exercises

- Review and understand the detailed profile of 9 barbell strength exercises:
  - Back Squat
  - Press
  - Bent Over Row
  - Conventional Deadlift
  - Front Squat
  - Bench Press
  - Stiff Leg Deadlift
  - Barbell Curl
  - Barbell Lunge

### Programming

- Learn the principles that underpin programme design including how to approach designing a programme, the nuances around individual session planning and how to adapt sessions for groups and individuals and create a positive and engaging training environment.