



Level 3 Certificate in Coaching Youth Weightlifting

The British Weight Lifting Level 3 Certificate in Coaching Youth Weightlifting is the pinnacle qualification for coaches working with young athletes. Over the length of the course, you will gain the knowledge, skills, and practical tools to help optimise the development of youth athletes safely, effectively, and holistically - both on and off the platform.

What will I learn?

Through 15 engaging modules, you'll explore:

- A systematic approach to developing technical performance
- The key tenets associated with long-term athletic development
- Strategies to reduce the risk of injury
- How to effectively assess growth and maturation as well as weightlifting performance
- Effective recovery strategies
- Eating to perform
- Psychological skill development
- How to support athletes to create a lifestyle that helps them to thrive on and off the platform

You'll learn how to create safe, inclusive, and motivating environments that inspire growth, resilience, and peak performance.

The practical application of what is covered is at the heart of this course. You'll complete a case study, where you will be given the tools and guidance to create an annual plan, weekly programme, and session plan for a youth athlete, demonstrating your ability to put theory into practice and deliver measurable results.

What does this course allow me to do?

By the end of the course, you will be able to:

- Deliver safe, evidence-based training for youth athletes
- Apply established principles associated with long-term athletic development
- Support holistic growth, wellbeing, and performance
- Integrate nutrition, recovery and performance lifestyle strategies
- Plan and adapt programmes across physical, psychological, and social domains

Prerequisites

You must be at least 17 years of age on the course start-date, have a **minimum** of one-year experience in participation in strength-based activities, be able to communicate effectively in English and you must hold a BWL Level 2 Certificate in Coaching Weightlifting.

Online Learning only

Length of course:

Approximately 62 hours of guided learning time, with access to online resources and BWL educator support.

Price of course:

Standard Price: £475

Member Price: £451

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www.britishweightlifting.org/book-a-course



BRITISH
WEIGHT
LIFTING



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Course Modules

1. The Youth Weightlifting Coach
2. Creating a Holistic Talent Development Environment
3. Safeguarding and Protecting Children in Weightlifting
4. Growth, Maturation and Child Development
5. Understanding and Reducing Injury Risk in Youth
6. Performance Testing and Monitoring of Youth Athletes
7. Programming for Youth Athletes
8. Developing Long-term Weightlifting Ability
9. Psychobehavioural Concepts
10. Coaching Youth Athletes
11. Competition and the Youth Athlete
12. Recovery Awareness and the Youth Athlete
13. Fuelling the Youth Athlete
14. Building a Performance Lifestyle
15. Youth Weightlifting Coach Case Study

Each module includes a selection of activities that underpin the learning requirements for this course. These activities have been designed to encourage learner interaction, increase engagement and improve retention of knowledge during the course. To achieve the Level 3 Certificate in Coaching Youth Weightlifting qualification, coaches will need to evidence the competencies outlined in the qualification specification (determined by the Awarding Organisation, Focus Awards).