

CPD: Essentials of Weightlifting for Sports Performance

The course has been developed in partnership with Paul Comfort and the BWL Performance team. Paul has extensive experience integrating weightlifting exercises to enhance sports performance and regularly consults with professional sports teams. Evidence-based insight from Paul has been merged with BWL's Technical Model, to provide learners with both the why and how weightlifting can be beneficial for sports performance.

About the author



Paul Comfort is a Reader in Strength and Conditioning at the University of Salford (UK), where he leads the master's degree in Strength and Conditioning. He is Adjunct Professor at Edith Cowan University (Australia) and an honorary research fellow at Leeds Beckett University (UK).

He regularly consults with numerous professional rugby and soccer teams and is a founder member and accredited member of the United Kingdom Strength and Conditioning Association (UKSCA).

Paul is also a certified strength and conditioning coach (CSCS) with the National Strength and Conditioning Association (NSCA) and is currently serving on the Board of Directors for the NSCA. Paul is an editorial board member for the *European Journal of Sport Science* and *Sports Biomechanics*, associate editor for *The Strength and Conditioning Journal* and Senior Associate Editor of the *Journal of Strength and Conditioning Research*. He has also published more than 150 peer reviewed journal articles and edited the 'Advanced Strength and Conditioning: An evidence-based approach' and 'Performance Assessment in Strength and Conditioning' text books.