BRITISH WEIGHT LIFTING



2026/27

COURSE PROSPECTUS

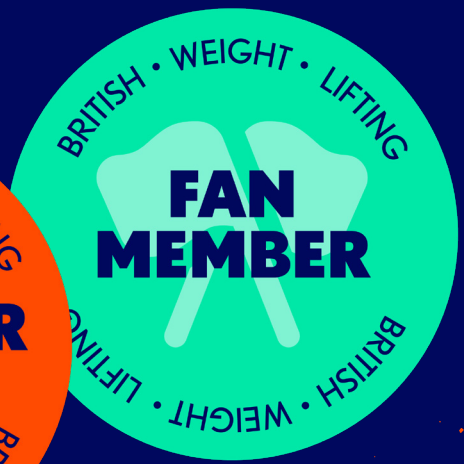

FIRST
PLACE
WINNER • COMPETITION


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BRITISH • WEIGHT • LIFTING
TOGETHER
WE WIN WELL
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BRITISH • WEIGHT • LIFTING
FIND YOUR
STRONG
BRITISH • WEIGHT • LIFTING


BRITISH • WEIGHT • LIFTING
FAN
MEMBER
BRITISH • WEIGHT • LIFTING

FIND YOUR STRONG.

HELP OTHERS FIND THEIRS.

As the UK's recognised governing body for Weightlifting and Para Powerlifting, British Weight Lifting develops coaches, athletes and officials through industry-recognised learning pathways that build confidence, capability and credibility.

Whether you're looking to improve your own lifting through our Short Courses, or gain the qualifications and expertise to support others through our Coach Education pathway, we offer a clear route to help you achieve your goals.

From first-time lifters and aspiring coaches to experienced practitioners progressing towards high-performance environments, our qualifications, courses and CPD opportunities provide the knowledge, skills and confidence to find your strong.

FLEXIBLE ONLINE LEARNING.

PRACTICAL ASSESSMENT OPTIONS.

PAYMENT PLANS AVAILABLE.

WHY CHOOSE BWL?

When you learn with British Weight Lifting, you're learning from the organisation that sets the national standard for Olympic Weightlifting and Para Powerlifting in the UK.

Our courses combine:

TECHNICAL EXPERTISE

Specialist knowledge of lifting, strength development and athlete progression, built on years of coaching and performance experience.

EVIDENCE-BASED LEARNING

Practical coaching methods informed by sports science, biomechanics and athlete development.

REAL-WORLD APPLICATION

Tools, techniques and frameworks you can apply immediately in clubs, gyms, performance environments, and fitness settings.

CLEAR PROGRESSION

A structured learning pathway designed to help you build confidence, develop expertise, and take the next step in your coaching journey.

FLEXIBLE LEARNING. PRACTICAL IMPACT.

Our courses are designed to fit your life while delivering practical skills you can apply immediately.

- **Flexible online learning**
- **Practical learning opportunities**
- **Payment flexibility**
- **Industry-recognised qualifications**
- **Clear progression pathways**

Whether you're looking to start coaching, develop specialist expertise, or advance your career, BWL provides the support and structure to help you get there.



STAND OUT IN A COMPETITIVE INDUSTRY

A British Weight Lifting qualification demonstrates your commitment to professional development and high coaching standards.

It tells employers, clubs, and clients that you take your craft seriously.

Most importantly, it gives you confidence, skills and credibility to make a positive impact on the people you coach.

FIND YOUR STRONG.
HELP OTHERS FIND THEIRS.

GET LIFTING & SHORT COURSES

Designed for athletes, lifters and fitness enthusiasts, our courses help you build confidence, improve technique and deepen your understanding of training, nutrition and performance. Whether you're tackling the barbell for the first time or looking to take your lifting to the next level, you'll gain practical knowledge that supports your goals.

GET COACHING

Our Coach Education pathways provide industry-recognised qualifications and professional development opportunities for aspiring and experienced coaches. Build the knowledge, skills and credibility needed to support athletes, clients and communities through every stage of their development.



INTRODUCING OUR PATHWAYS

OLYMPIC WEIGHTLIFTING

**MASTER THE LIFTS.
INSPIRE PERFORMANCE.**

From your first coaching qualification through to advanced performance coaching, develop the technical expertise, coaching skills and practical knowledge needed to support weightlifters at every level.

STRENGTH & CONDITIONING

BUILD STRONGER ATHLETES.

Develop the programming, performance and coaching expertise required to improve athletic development across a wide range of sports and training environments.

PERSONAL TRAINING

**TURN YOUR PASSION
INTO A PROFESSION.**

Gain the qualifications, confidence, and credibility needed to build a successful career helping clients achieve their health, fitness, and performance goals.

FUNCTIONAL FITNESS

**COACH MOVEMENT
THAT MATTERS.**

Learn how to combine strength, conditioning and functional movement to deliver engaging, effective training experiences that support real-world performance.

TECHNICAL OFFICIALS

**HELP SHAPE THE FUTURE
OF THE SPORT.**

Develop the knowledge and confidence to officiate competitions, uphold standards and support the continued growth of Weightlifting.

GUIDED TIMEFRAMES AND EQUIPMENT

The size of each qualification reflects the time and commitment involved, ranging from Awards (10–120 guided learning hours) and Certificates (121–369 hours) through to Diplomas, which require 370+ hours of learning.

All online learning requires access to desktop computer.

PROGRESSION PATHWAYS

OLYMPIC WEIGHTLIFTING

GET LIFTING

- Introduction to Weightlifting (Practical)
- Introduction to Weightlifting

GET COACHING

ASSISTANT COACHING

- LEVEL 1 — Coaching Weightlifting (Award)

INDEPENDENT COACHING

- LEVEL 2 — Coaching Weightlifting (Certificate)
- LEVEL 3 — Coaching Weightlifting (Diploma)

SPECIALIST

- Coaching Youth Weight Lifting (Certificate)

KEEP DEVELOPING (SHORT COURSES)

- Essentials of Weightlifting Technique (CPD)
- Essentials of Weightlifting Competition (CPD)
- Essentials of Weightlifting Programming (CPD)

BUNDLES

- Weightlifting Coach - Level 1 & 2
- Complete Weightlifting Pathway - Level 1, 2, 3 + Free CPD
- Start Strong Weightlifting - Intro + Practical

STRENGTH COACHING

GET LIFTING

- Introduction to Strength Training (Practical)
- Introduction to Strength Training

GET COACHING

INDEPENDENT COACHING

- LEVEL 2 — Coaching Strength (Award)
- LEVEL 3 — Coaching Strength & Power (Certificate)
- LEVEL 4 — Coaching Strength & Conditioning (Diploma)

BUNDLES

- Strength & Power Coach - Level 2 & 3
- Complete Strength Pathway - Level 2, 3, 4 + Free CPD

PERSONAL TRAINING

GET COACHING

INDEPENDENT COACHING

LEVEL 2 Certificate in Planning & Delivering Gym-Based Exercise

LEVEL 3 Certificate in Planning & Delivering Personal Training

BUNDLES

Complete PT - Level 2, 3,

Complete Functional PT Level 2, 3 and FF level 2 + Free CPD

FUNCTIONAL FITNESS

GET COACHING

INDEPENDENT COACHING

LEVEL 2 Coaching Functional Fitness (Award)

KEEP DEVELOPING (SHORT COURSES)

What is Functional Fitness (CPD)

Programming for Functional Fitness (CPD)

BUNDLES

Complete Functional PT Level 3 and FF level 2 + Free CPD

Both online and practical course

Online course

Practical course

CPD

Follow for progression route

ABOUT OUR COURSES

Our course offering incudes qualification, CPD and short courses. These can be completed online-only or as part of a blended learning approach (with practical workshops).

OUR QUALIFICATIONS

We work alongside our awarding organisation, Focus Awards to create nationally regulated qualifications within the Regulated Qualifications Framework (RQF).

The information below provides a brief overview of how our qualifications are structured inline with the RQF, including the qualification level, type and total qualification time (TQT), to help guide you on your learning journey with us.

LEVEL OF QUALIFICATION

The level describes the difficulty of the qualification. Our qualifications range from Level 1 to Level 4.

Level	Description	Who are these courses for?
Level 1	Entry-level qualification introducing basic knowledge and skills.	Coaches who are new to a subject or area.
Level 2	Intermediate level qualification covering knowledge and skills that promote a higher level of autonomy and responsibility.	Coaches developing competence for entry-level employment/who want to coach independently.
Level 3	Advanced level qualification that promotes more detailed and specialised knowledge and skills, requiring greater independence, critical thinking and reflection.	Coaches preparing for skilled employment or progression to higher-level study.
Level 4	Specialist qualification requiring a higher level of knowledge and skills, requiring analysis, enhanced professional judgement and a greater understanding of self.	Coaches developing an advanced, specialist professional competence or progressing into higher education.

HOW LONG DOES IT TAKE TO QUALIFY?

The total qualification time gives you an indication of how long each course may take to complete, depending on the level and learning involved. All BWL courses are designed to be completed at your own pace, so you can fit your learning around your experience, commitments and available time.

TYPE OF QUALIFICATION

The type of qualification refers to the breadth and estimated study time required. Our qualifications include awards, certificates and diplomas.

TOTAL QUALIFICATION TIME (TQT)

The TQT is an estimate of the entire timeframe it takes to complete the qualification from start to finish. It can include guided learning hours, independent study time and coaching practice, research, building a case study and assessment.

AWARDS	CERTIFICATES	DIPLOMAS
10-120 HOURS	121-369 HOURS	370+ HOURS



OLYMPIC WEIGHTLIFTING

MASTER THE LIFTS. INSPIRE PERFORMANCE.

Whether your goal is to find your strong or help others find theirs, our Olympic Weightlifting pathway develops the technical knowledge, practical skills and coaching expertise needed to progress with confidence.

INTRODUCTION TO WEIGHTLIFTING

START YOUR LIFTING JOURNEY

Price: £15
Format: Online
Duration: Self-paced short course
Entry requirements: None

Discover the fundamentals of Olympic Weightlifting, understand the snatch and clean & jerk, and explore how the sport develops strength, power and confidence.

You'll leave with:

- Understanding of Olympic Weightlifting fundamentals
- Confidence to begin your lifting journey
- A step-by-step process to help you create your very own training programme to get started

Ideal for:
Beginners and fitness enthusiasts curious about weightlifting.

Progression:
Introduction to Weightlifting – Practical



INTRODUCTION TO WEIGHTLIFTING – PRACTICAL

LEARN FROM THE PLATFORM

Price: £100
Format: Practical
Duration: 1 Day (Approx. 4 Hours)
Entry requirements: None

Experience hands-on coaching from BWL experts and develop confidence in the snatch and clean & jerk through practical instruction and personalised feedback.

You'll leave with:

- Improved lifting technique
- Practical experience of the Olympic lifts
- Guidance on how to structure your sessions
- Clear development areas for future progress

Ideal for:
Beginners looking to develop confidence under the bar.

Progression:
Level 1 Award in Coaching Olympic Weightlifting



SUITABILITY
ASSISTANT COACHING
BRITISH · WEIGHT · LIFTING

LEVEL 1 AWARD IN COACHING OLYMPIC WEIGHTLIFTING

START COACHING WITH CONFIDENCE

Price: £350 Online | £375 Blended

Format: Online or Blended

Total qualifying time: 31 Hours

Entry requirements: Minimum age 16

Build the foundations of coaching Olympic Weightlifting, including movement, safety, session delivery and athlete support.

You'll leave with:

- Confidence to deliver introductory weightlifting sessions
- Practical coaching and session planning skills
- Industry-recognised coaching qualification

Ideal for:

Aspiring coaches beginning their coaching journey.

Progression:

Level 2 Certificate in Coaching Olympic Weightlifting



LEVEL 2 CERTIFICATE IN COACHING OLYMPIC WEIGHTLIFTING

BECOME A LICENSED COACH AND COACH INDEPENDENTLY

Price: £450 Online | £500 Blended

Format: Online or Blended

Total qualifying time: 160 Hours

Entry requirements: Level 1 Award in Coaching Olympic Weightlifting

Develop advanced coaching skills, technical analysis and programme design to support athletes in training and competition environments.

You'll leave with:

- Ability to coach independently
- Advanced technical analysis skills
- Programme design and competition preparation expertise

Ideal for:
Coaches ready to coach independently in clubs and competition settings.

Progression:
Level 3 Diploma in Coaching Weightlifting



BUNDLE

Level 1 & 2 Coaching Olympic Weightlifting

£700

£100 SAVING

SUITABILITY
INDEPENDENT COACHING
BRITISH · WEIGHT · LIFTING

LEVEL 3 DIPLOMA IN COACHING WEIGHTLIFTING

DEVELOP PERFORMANCE-FOCUSED ATHLETES

Price: £750 Online | £775 Blended

Format: Online or Blended

Total qualifying time: 470 Hours

Entry requirements: Level 2 Certificate in Coaching Olympic Weightlifting

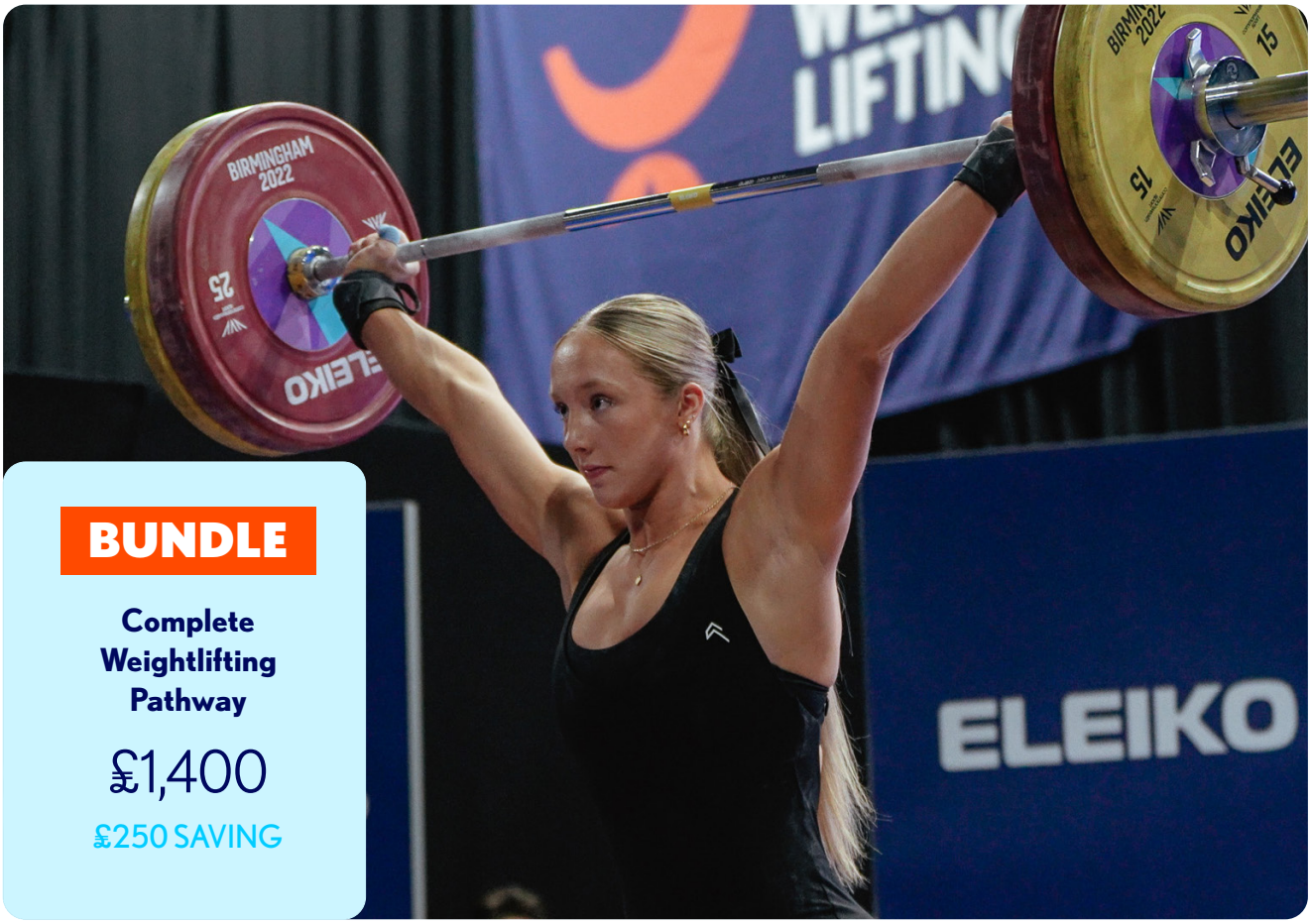
Facilitate long-term athlete development. Learn and deploy advanced programming methods and understand how coaching skills can maximise performance.

You'll leave with:

- Advanced performance coaching expertise
- Long-term athlete development knowledge
- Strategic coaching and decision-making skills

Ideal for:
Experienced coaches working in performance environments.

Progression:
Specialist Youth Weightlifting Certificate



BUNDLE

Complete Weightlifting Pathway

£1,400

£250 SAVING

SUITABILITY
SHORT COURSE
BRITISH • WEIGHT • LIFTING

ESSENTIALS OF WEIGHTLIFTING TECHNIQUE

REFINE EVERY LIFT

Price: £150

Format: Online

Duration: Short Course

Entry requirements: Basic lifting experience recommended

Develop a deeper understanding of lifting mechanics and technical correction to improve movement quality and performance.

You'll leave with:

- Better understanding of lifting mechanics
- Improved technical analysis skills
- Practical strategies for movement correction

Ideal for:
Athletes and coaches looking to improve technical proficiency.

Progression:
Essentials of Weightlifting Programming



ESSENTIALS OF WEIGHTLIFTING PROGRAMMING

PROGRAMME WITH PURPOSE

Price: £150

Format: Online

Duration: Short Course

Entry requirements: Coaching experience recommended

Learn how to structure effective training plans that support progression, performance and long-term athlete development.

You'll leave with:

- Structured programming knowledge
- Improved athlete planning skills
- Greater confidence developing training cycles

Ideal for:

Coaches developing programming expertise.

Progression:

Level 2 Certificate in Coaching Olympic Weightlifting



SUITABILITY
SHORT COURSE
BRITISH • WEIGHT • LIFTING

ESSENTIALS OF WEIGHTLIFTING COMPETITION

PREPARE FOR THE PLATFORM

Price: £150
Format: Online
Duration: Short Course
Entry requirements: None

Understand competition rules, athlete preparation, and event-day requirements so you can approach competition with confidence.

You'll leave with:

- Understanding of competition rules and standards
- Improved competition preparation
- Greater confidence in competition environments

Ideal for:
Coaches preparing for competition.



LEVEL 3 YOUTH WEIGHTLIFTING CERTIFICATE

INSPIRE THE NEXT GENERATION

Price: £475

Format: Online

Total qualifying time: 162 Hours

Entry requirements: Level 2 Certificate in Coaching Olympic Weightlifting

Learn how to coach young athletes safely, effectively and confidently through age-appropriate weightlifting development.

You'll leave with:

- Youth-specific coaching expertise
- Greater confidence supporting young athletes
- Knowledge of long-term youth development

Ideal for:
Coaches ready to coach independently in clubs and competition settings.

Progression:
Coaches working with young athletes.



STRENGTH & CONDITIONING

UNLOCK BETTER PERFORMANCE.

From developing your own knowledge of strength and performance to coaching athletes to achieve their potential, this pathway provides the skills, insight and expertise needed to deliver meaningful performance improvements in any sporting environment.

INTRODUCTION TO STRENGTH TRAINING

BUILD STRONGER FOUNDATIONS

Price: £15
Format: Online
Duration: Self-paced short course
Entry requirements: None

Discover the principles of effective strength training and learn how strength can support health, fitness, performance and long-term physical development.

You'll leave with:

- Understanding of strength training fundamentals
- Confidence to begin your strength journey
- Practical guidance to get started safely

Ideal for:
Beginners interested in strength training.

Progression:
Introduction to Strength Training – Practical



INTRODUCTION TO STRENGTH TRAINING - PRACTICAL

LEARN TO LIFT WITH CONFIDENCE

Price: £100
Format: Practical
Duration: 1 Day
Entry requirements: None

Develop sound technique across key strength movements through practical coaching and expert guidance.

You'll leave with:

- Improved lifting technique
- Greater confidence using barbells and free weights
- Practical feedback to support future progress

Ideal for:
Gym users looking to develop confidence and competence in lifting.

Progression:
Level 2 Award in Coaching Strength Training



LEVEL 2 AWARD IN COACHING STRENGTH TRAINING

ADD STRENGTH TO YOUR COACHING TOOLKIT.

Price: £350 Online | £375 Practical

Format: Online or Blended

Total qualifying time: 70 Hours

Entry requirements: Minimum age 16. Coaching experience recommended.

Develop the skills and confidence to coach strength training safely and effectively, helping athletes and clients build strength with purpose.

You'll leave with:

- Practical strength coaching skills
- Understanding of strength training principles
- Confidence supporting athlete and client development

Ideal for:
Coaches and instructors looking to add strength expertise.

Progression:
Level 3 Certificate in Coaching Strength & Power



LEVEL 3 CERTIFICATE IN COACHING STRENGTH & POWER

UNLOCK ATHLETIC PERFORMANCE

Price: £475 Online | £500 Practical

Format: Online or Blended

Total qualifying time: 134 Hours

Entry requirements: Level 2 Award in Coaching Strength Training or equivalent experience.

Learn how Olympic Weightlifting movements and derivatives can be used to improve athletic performance, power production and movement quality.

You'll leave with:

- Advanced strength and power coaching expertise
- Enhanced programme design skills
- Improved athlete performance monitoring capabilities

Ideal for:
Qualified coaches seeking performance-focused expertise.

Progression:
Level 4 Diploma in Coaching Strength & Conditioning



BUNDLE

Strength & Power Coach (Level 2 & 3)

£700

£100 SAVING

LEVEL 4 DIPLOMA IN COACHING STRENGTH & CONDITIONING

COACH PERFORMANCE AT THE HIGHEST LEVEL

Price: £1,295

Format: Online + Case Study

Total qualifying time: 440 Hours

Entry requirements: Level 3 Strength & Power qualification or equivalent coaching experience.

Master advanced strength and conditioning principles, athlete development and performance programming to support athletes across a range of sporting environments.

You'll leave with:

- Advanced S&C coaching expertise
- Performance-focused athlete development skills
- Industry-recognised high-level qualification

Ideal for:

Experienced coaches working within sport and performance environments



BUNDLE

Complete Strength Pathway

£1,825

£370 SAVING

PERSONAL TRAINING

TURN YOUR PASSION INTO A PROFESSION.

From building your own knowledge and confidence to helping others transform their health, fitness and performance, this pathway equips you with the qualifications, practical skills and expertise needed to make a lasting impact.

LEVEL 2 CERTIFICATE IN PLANNING & DELIVERING GYM-BASED EXERCISE

START YOUR CAREER IN FITNESS

Price: £499
Format: Online
Total qualifying time: 240 Hours
Entry requirements: Minimum age 16

Gain the essential knowledge, skills and confidence required to work as a gym instructor and support clients safely and effectively.

You'll leave with:

- Industry-recognised qualification
- Gym instructor skills and knowledge
- Confidence supporting clients in a gym environment

Ideal for:
Aspiring fitness professionals.

Progression:
Level 3 Certificate in Planning & Delivering Personal Training



LEVEL 3 CERTIFICATE IN PLANNING & DELIVERING PERSONAL TRAINING

BECOME A QUALIFIED PERSONAL TRAINER

Price: £899

Format: Online

Total qualifying time: 510 Hours

Entry requirements: Level 2 Certificate in Planning & Delivering Gym-Based Exercise.

Develop the expertise to coach clients, design effective programmes and build a successful career in fitness.

You'll leave with:

- Industry-recognised qualification
- Gym instructor skills and knowledge
- Confidence supporting clients in a gym environment

Ideal for:
Fitness professionals progressing into Personal Training.

Progression:
Functional Fitness.



BUNDLE

Complete PT

£1,245

£280 SAVING

FUNCTIONAL FITNESS

TURN YOUR PASSION INTO A PROFESSION

From building your own knowledge and confidence to helping others transform their health, fitness and performance, this pathway equips you with the qualifications, practical skills and expertise needed to make a lasting impact.

SUITABILITY
INDEPENDENT COACHING
BRITISH • WEIGHT • LIFTING

LEVEL 2 AWARD IN COACHING FUNCTIONAL FITNESS

COACH MOVEMENT WITH PURPOSE

Price: £350 Online | £375 Practical

Format: Online or Blended

Total qualifying time: 50 Hours

Entry requirements: Minimum age 16. Coaching experience recommended.

Combine strength, conditioning and functional movement to deliver engaging and effective training that supports real-world performance.

You'll leave with:

- Functional fitness coaching skills
- Integrated programming knowledge
- Confidence delivering functional training sessions

Ideal for:

Coaches looking to expand their offer.



SUITABILITY
SHORT COURSE
BRITISH • WEIGHT • LIFTING

WHAT IS FUNCTIONAL FITNESS

SUPPORT RESULTS BEYOND THE GYM FLOOR

Price: £100

Format: Online

Duration: 1-2 Hours

Entry requirements: Basic understanding of fitness.

Designed for athletes and coaches, this course introduces the principles of Functional Fitness and how it can be applied to training. Explore functional movement patterns such as squatting, reaching, pulling and lifting, and understand how they can improve strength, balance, coordination and movement while helping to reduce the risk of injury.

You'll leave with:

- What fitness and functional movement mean
- Key functional movement patterns and principles
- Practical examples of functional movements
- The key factors that affect functional fitness

Progression:

Progression: Functional fitness pathway



SUITABILITY
SHORT COURSE
BRITISH • WEIGHT • LIFTING

FUNDAMENTALS OF PROGRAMMING FOR FUNCTIONAL FITNESS

BUILD SMARTER PROGRAMMES

Price: £100

Format: Online

Duration: 2 Hours

Entry requirements: Basic coaching knowledge recommended.

Develop structured programming skills that help clients progress safely, consistently and effectively towards their goals.

You'll leave with:

- Functional fitness programming expertise
- Improved session planning skills
- Greater confidence supporting progression

Ideal for:

Functional Fitness coaches looking to enhance programming capability.



TECHNICAL OFFICIALS

HELP SHAPE THE FUTURE OF THE SPORT

Develop the knowledge and confidence to officiate competitions, uphold standards and support the continued growth of Weightlifting and Para Powerlifting.

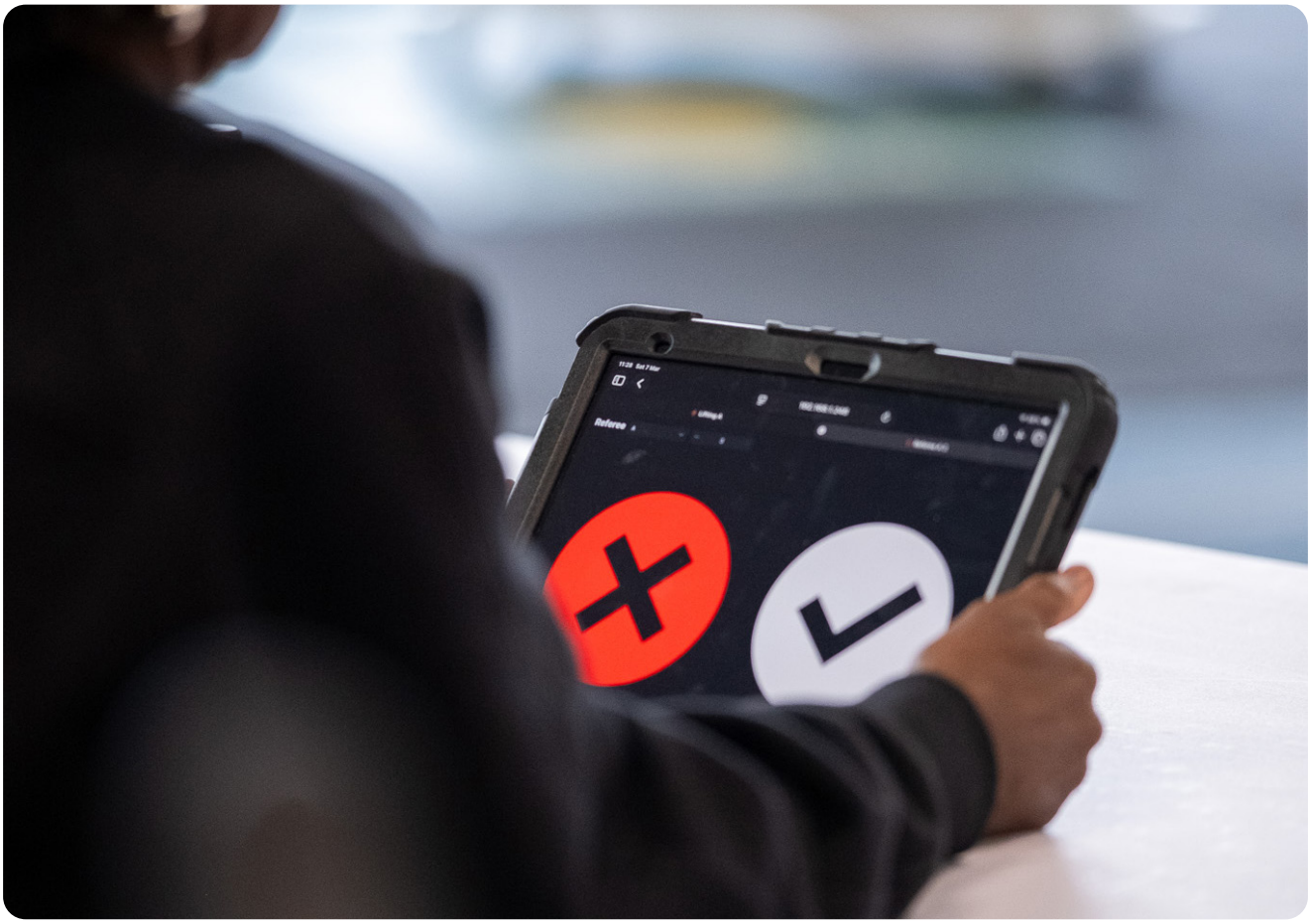
LEVEL 2 TECHNICAL OFFICIAL (OLYMPIC WEIGHTLIFTING)

Price: £60
Format: Online
Duration: 3–4 Hours
Entry requirements: Minimum age 16.

Develop the knowledge and confidence required to officiate Olympic Weightlifting competitions and uphold competition standards

You'll leave with:
- Technical officiating qualification
- Understanding of competition rules
- Confidence supporting competition delivery

Ideal for:
Individuals looking to officiate at Weightlifting competitions.

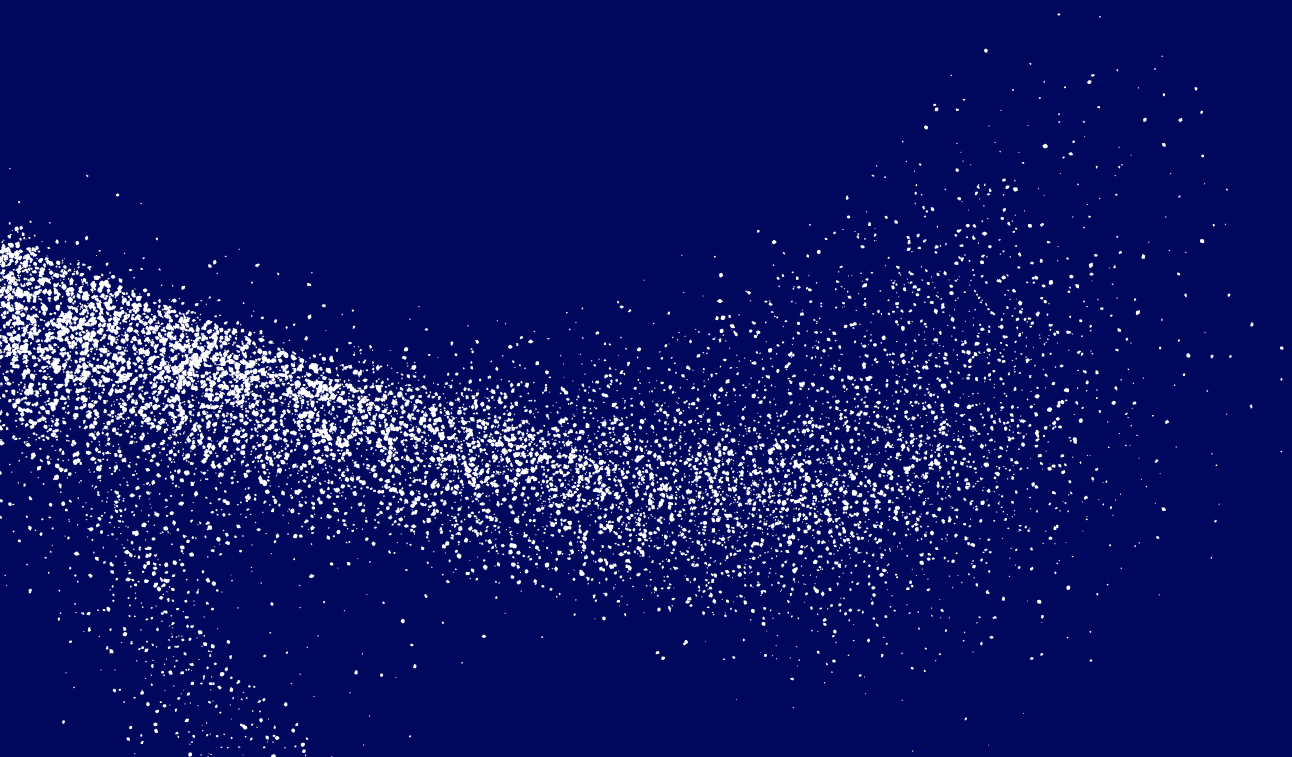


LEARN MORE.
SAVE MORE

COURSE BUNDLES

Our bundles are designed to give you a clear, cost-effective progression route, combining complementary qualifications to accelerate your development and maximise your impact as a coach.

Whether you're starting your coaching journey or building specialist expertise, bundles help you progress faster while saving on course fees.



WEIGHTLIFTING COACH

£700

£100 SAVING

Combine the first two stages of the Weightlifting coaching pathway and build the knowledge, confidence and practical coaching skills to coach athletes independently.

Includes:
Level 1 Award in Coaching Olympic Weightlifting

Level 2 Certificate in Coaching Olympic Weightlifting

COMPLETE WEIGHTLIFTING PATHWAY

£1,400

£250 SAVING

Progress through the full Weightlifting coaching pathway and develop the expertise to support athletes from their first lift through to performance environments.

Includes:
Level 1 Award in Coaching Olympic Weightlifting

Level 2 Certificate in Coaching Olympic Weightlifting

Level 3 Diploma in Coaching Weightlifting

Plus
Free Essentials of Weightlifting Technique Short Course

STRENGTH & POWER COACH

£700

£100 SAVING

Develop your strength coaching expertise and learn how to design and deliver effective strength and power programmes.

Includes:
Level 2 Award in Coaching Strength Training

Level 3 Certificate in Coaching Strength & Power

COMPLETE STRENGTH PATHWAY

£1,825

£370 SAVING

Progress through the complete Strength & Conditioning pathway and gain the skills to support athletes across a range of sporting environments.

Includes:
Level 2 Award in Coaching Strength Training

Level 3 Certificate in Coaching Strength & Power

Level 4 Diploma in Coaching Strength & Conditioning

Plus
Free Essentials of Weightlifting Technique Short Course

(PT Experience needed)

COMPLETE PT

£1,245

£280 SAVING

Gain the qualifications needed to work as both a Gym Instructor and Personal Trainer while saving on course fees.

Includes:
Level 2 Certificate in Planning & Delivering Gym-Based Exercise

Level 3 Certificate in Planning & Delivering Personal Training

Plus
Free Essentials of Weightlifting Technique Short Course
&
Fundamentals of Teaching the Olympic Lifts Short Course

COMPLETE PT WITH FUNCTIONAL FITNESS

£1,550

£350 SAVING

Includes:
Level 2 Certificate in Planning & Delivering Gym-Based Exercise

Level 3 Certificate in Planning & Delivering Personal Training

LEVEL 2 Award in Coaching Functional Fitness

Plus
Free Essentials of Weightlifting Technique Short Course
&
Fundamentals of Teaching the Olympic Lifts Short Course

FUNCTIONAL PT

£1,110

£350 SAVING

Includes:
Level 3 Certificate in Planning & Delivering Personal Training

LEVEL 2 Award in Coaching Functional Fitness

Plus
Free Essentials of Weightlifting Technique Short Course
&
Fundamentals of Teaching the Olympic Lifts Short Course

WAYS TO BOOK
YOUR NEXT STEP STARTS HERE.

Booking a British Weight Lifting course is simple, flexible and designed to fit around your life.

ONLINE BOOKING

Browse courses, compare pathways and secure your place online.

FLEXIBLE PAYMENT OPTIONS

Spread the cost of selected qualifications through available payment plans.

BUNDLE PACKAGE

Save money and accelerate your development through our recommended progression routes.

CLUB & ORGANISATION BOOKINGS

Looking to train multiple coaches or staff members? Contact us to discuss group bookings and tailored support.

Email: courses@bwl.sport



WHAT OUR LEARNERS SAY

"The online learning worked for me because I could fit it around my lifestyle. British Weight Lifting genuinely cares about the sport and is always there to support learners when needed."

AMIR

"Knowing BWL is the governing body gave me confidence in the qualification. The courses are respected, credible and recognised across the industry."

PENNY

"The flexible learning meant I could continue developing my knowledge and coaching skills around a busy schedule."

FRAN

"The Level 2 Course significantly increased my confidence and gave me practical tools to better support athlete progression."

THEO

BRITISH • WEIGHT • LIFTING

TRUSTED TO TRAIN THE MARINES

BRITISH • WEIGHT • LIFTING

FIND YOUR ROUTE

NOT SURE WHERE TO START?

Whether you're taking your first step into coaching, developing specialist expertise or exploring a new career in fitness, we're here to help.

Speak to our team for personalised guidance on:

CHOOSING THE RIGHT COURSE
PROGRESSION OPPORTUNITIES
LEARNING FORMATS
PAYMENT OPTIONS
CAREER DEVELOPMENT

We'll help you identify the best route based on your goals and experience.
Book today or contact us at: courses@bwl.sport


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A. BURNHAM

STAY CONNECTED

Join the BWL community.

Follow British Weight Lifting and British Para Powerlifting for coaching insights, athlete stories, learning opportunities and the latest news from across the sport.

Instagram: @Britishwl
Facebook: @facebook.com/bwl.org
LinkedIn: //british-weight-lifting

STAY AHEAD OF THE LIFT

Be the first to hear about:

New courses and qualifications
Exclusive offers and discounts
Coaching insights and CPD opportunities
Events and competition updates

BRITISH WEIGHT LIFTING

FIND YOUR STRONG.
HELP OTHERS FIND THEIRS.