

Weightlifting Scotland

Level 1 Assistant Coach - Practical and E-learning Online Qualification

Certification: Level 1 Award in Coaching Weightlifting

Length of course: 4 – 8 hours E-learning / 2-day practical session

Cost: £350 for non-members of BWL or £300 for current members of BWL

The Level 1 Award in Coaching Weightlifting is designed for those who are new to coaching, but who have some knowledge of the sport and would like to learn how to apply that in a coaching environment. Coaches should be committed to their own development and should be looking to gain experience whilst working with a more experienced coach who is already qualified at Level 2 Coaching or higher lifting.

The Course

Learners will cover an introduction to the processes and principles of coaching Weightlifting to adults and children. The Award offers an opportunity for those with little or no experience of coaching to be introduced to the principles of planning, delivering and evaluating coaching activities in Weightlifting. They will be helped to understand how to effectively assist more qualified coaches, delivering aspects of coaching sessions, as well as how to design and plan training sessions.

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Modules include:-

- Roles and responsibilities of a coach including safeguarding
- Safety in the sport
- The Snatch: the key positions for the British Weightlifting technical model; the British Weightlifting teaching method
- The clean and jerk: the key positions for the British Weightlifting technical model; the British Weightlifting teaching method
- Creating a planned session

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Creating a planned session

The course consists of two parts: the first being the online content that needs to be successfully completed and passed by all learners and the second to complete 2 days of practical delivery and assessments.

Following the successful attendance and passing of these elements, you will then become a British Weightlifting qualified Level 1 Coach.

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What Will I Be Qualified To Do?

Successful passing of this course will allow you to;

- Plan sessions for small groups of athletes,
- Deliver and work with small groups of athletes under supervision from a more qualified coach
- Enhance your skills and knowledge as a weightlifting coach
- Finally begin your journey on the weightlifting coaching pathway.
- **Course Prerequisites**
 - Entry level course
 - Be at least 16 years of age on the first day of the course
 - Have some general experience of the lifts and weightlifting
 - Be able to communicate effectively in English

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If you want to find out more about any of these courses, please check our website at

www.weightliftingscotland.com

or email us at **coursesweightliftingscotland@outlook.com** for more info