

Weightlifting Scotland

Level 1 Online Qualification - Assistant Coach

NEW Online Qualification - Assistant Coach

- **Certification: Level 1 Award in Coaching Weightlifting**
- **Length of course: 12 - 16 hours e-learning / optional ½ day masterclass (post lockdown)**
- **Cost: £350 for non-members and £300 for BWL current members**

British Weightlifting has transferred all the great content from the Level 1 Award in Coaching into an online course. You can complete this from the comfort of your home so that when you are able to enter your club again you will be a fully qualified Assistant Coach.

Features of the online Level 1 Coaching course

- **6 great pieces of bonus content**
- **Opportunity to attend one of BWLs ½ day masterclasses FREE OF CHARGE post lock down**

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Because this course is now online there is no practical element. If you would like to practice a little bit, then attend post lockdown to take part in the free half day Masterclass by organised by BWL .

Who is this course suitable for?

The online 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.

Learners will cover an introduction to the processes and principles of coaching weightlifting to adults and children. You 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 of the Course

Roles & Responsibilities of a Coach

- Review the specific qualities and behaviours of an effective coach

Safety in the Sport

- Understand the importance of preparing equipment and participants for a weightlifting session
- Understand the importance of a weightlifting specific warm up and cool down and how this can help to mitigate the risk of injury
- Understand what areas of the body need to be mobile in order to complete the Olympic lifts (you will also learn the specific joint actions that need to be achieved)
- Highlight the specific joints which need to be factored into a warmup for weightlifting specific activity

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The Coaching System

- Highlight critical coaching skills that can optimise coaching performance

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 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

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Physical Qualities for Weightlifting

- Identify the main physical qualities that athletes need to develop in Weightlifting
- Understand how we can develop each physical quality

Basic Rules of the Sport

- Overview of a weightlifting competition
- Increase understanding of what happens at a weightlifting competition
- Increase awareness of the BWL National Age Group competitions programme

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Planning a Weightlifting Session

- Understand the principles behind the Plan, Do, Review cycle and how it can be applied to weightlifting
- Increase understanding of how to structure a weightlifting session (including order of exercises)
- Identify components of an effective warm up
- Identify components of an effective cool down

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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 and finally begin your journey on the weightlifting coaching pathway.

Please note: the Level 1 Coaching Course is a prerequisite to be complete the Level 2 Coaching Course.

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