

Weightlifting Scotland

Level 2 Online Qualification - Coaching Weightlifting

Certification: Level 2 Certificate in Coaching Weightlifting (Olympic Weightlifting)

Length of course: 6 – 8 hours E-learning / 2-day practical sessions / Completion of linked and progressive sessions away from the course including planning sessions

Cost: £450 if a current BWL Member or £500 if a non-member.

The Level 2 Certificate in Coaching Weightlifting is for coaches who have experience of delivering independent coaching sessions to groups of people. The certificate enables coaches to independently create, deliver and evaluate a series of linked and progressive Weightlifting coaching. The course will cover further principles and aspects to an athlete's development.

This will allow any qualified person to work as an independent coach, assist with the development of other coaches and assist athletes at national competitions as their qualified coach

Weightlifting Scotland

Level 2 Online Qualification - Coaching Weightlifting

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.

Modules include:

- Roles and responsibilities of a coach including safeguarding and behavior management
- Effective communication when teaching in sport
- How to plan, deliver and review linked and progressive sessions for athletes
- Safety in the sport
- Anatomy and physiology
- Fitness and nutrition for Weightlifting
- The lifts – The Snatch and the Clean and Jerk. Find and correct faults and learn how to move between the key positions
- Accessory lifts including squats; deadlifts and derivatives of the Olympic lifts
- Introduction to competition coaching

Weightlifting Scotland

Level 2 Online Qualification - Coaching Weightlifting

What Will I Be Qualified to Do?

Successfully passing this award will allow you to start actively coaching the sport of Weightlifting.

You will also be eligible to progress further on our Education Pathway by meeting the requirements to move onto our Level 3 Certificate in Coaching Weightlifting and our Level 3 Award in Instructing Weightlifting

Course Prerequisites

- Have completed a UKCC Level 1 Award in Coaching Weightlifting or BWL Level 2 Award in Instructing Weightlifting (or equivalent as recognised by BWL)
- Be at least 17 years of age on the first day of the course
- Be able to communicate effectively in English

Weightlifting Scotland

Level 2 Online Qualification - Coaching Weightlifting

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