

General Information

Courses are held in every capital city around Australia and also in regional centres.

Confirmation of registration and receipt will be circulated to participants once the course registration and payment has been processed.

The Australian Weightlifting Federation reserves the right to cancel any advertised course if minimum numbers are not met.

Places on each course are limited and will be filled on a first in basis.

Please direct any inquiries to:

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CLUB WEIGHTLIFTING / SPORTS POWER COACH 1 LICENCE COURSE

Teach and correct basic power training and weightlifting skills of athletes/clients.

Accredited Course:
National Coach Accreditation Scheme (NCAS)

www.awf.com.au

Who's the course for?

The Club Weightlifting / Sports Power Coach 1 Licence Course is suitable for:

- Sports coaches
- Personal trainers
- Cross Fit enthusiasts
- Teachers
- Physiotherapists
- Human movement and science students
- Strength and conditioning specialists
- Athletes interested in developing power
- People interested in Weightlifting technique

Course content

- Basic lifting techniques
- Coaching methodology
- Programming principles
- Principles of power development
- Progressive resistance principles
- Exercises to develop technique and power
- Warm-up and stretching techniques
- Progressive development of technique
- Safety principles
- Competition lifts

Participants Receive

As a course participant you will receive:

- Access to all sessions
- Hands on assessment and feedback
- Access to specialised equipment
- Downloadable Coaching manual
- Morning & afternoon tea (dependant on venue)
- NCAS accreditation on completion of all assessment tasks
- AWF Insurance Cover

Learning Outcomes:

At the completion of this course you will be able to:

- Teach and correct basic power training and weightlifting skills of athletes/clients.
- Plan, organise and conduct safe, enjoyable and progressive training.
- Write training programs that incorporate appropriate skill learning, fitness and tactical development relevant to level of athlete.
- Monitor and review power training activities of athletes and provide appropriate feedback
- Ensure your athlete/client has a well-planned beginner level competition experience.

Presenters

Course presenters have extensive experience in the fields of Weightlifting and Power Training, working with Elite athletes in Weightlifting; Track and Field; Rowing; Football Codes; Netball; Baseball; and Swimming.

Registration

Use the following URL for information on future courses, and to register online once you select a course.

<http://www.awf.com.au/education/coaches>