

State Weightlifting / Sports Power Coach 2 Licence

Participants receive:

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

Assessment requirements

Candidates for accreditation at Level 2 are required to complete:

1. Online Theory assessment activities on:
 - (a) applied anatomy and communication
 - (b) Video analysis, and
 - (c) Theory.
2. Practical assessment tasks during the course.
3. Video analysis activities during the course

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>

Please direct any inquiries to:

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Australian Weightlifting Federation
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STATE WEIGHTLIFTING / SPORTS POWER COACH 2 LICENCE COURSE

Accredited Course:
National Coach Accreditation Scheme (NCAS)

www.awf.com.au

Who's the course for?

The Club Weightlifting / Sports Power Coach 2 Licence Course is suitable for:

Anyone engaged in instructing athletes/clients in the techniques of Weightlifting and Power Training.

Prerequisite:

A current Club Weightlifting / Sports Power Coach 1 Licence.



Course content:

- Coaching communication
- Applied anatomy and physiology
- Biomechanics
- Lifting technique
- Fault detection and correction
- Programming
- Coaching considerations for females, children and the mature participant
- Maximising strength, power and hypertrophy development
- Functional stability

Learning Outcomes:

At the completion of this course, coaches will be able to:

- Teach athletes to exert maximum force by maintaining stability and balance throughout all execution phases of the various exercises.
- Integrate functional core exercises into a weightlifting/power training program to initiate good posture and injury prevention.
- Understand proprioception and how to assess and develop it.
- Understand the role of plyometric training in the development of power.
- Better communicate with athletes and clients.
- Understand and appreciate the fundamentals of good, efficient weightlifting technique.
- Develop a model of efficient weightlifting technique by which to evaluate their athletes/clients.

- Understand and appreciate the biomechanical principles upon which the recommended technique is based.
- Develop an ability to assess an athlete's individual technique.
- Identify and correct common faults in technique.
- Provide athletes with appropriate feedback.
- Teach correction exercises.
- Teach and correct the skills of important assistance exercises.
- Teach and correct breathing techniques.
- Understand the qualities of strength, power and hypertrophy and how to maximise power development.
- Produce a power training program in accordance with the athlete/clients needs.
- Discuss factors that surround female involvement in weightlifting and weight training; Mature aged participants involvement in weightlifting and weight training; Pre-adolescent and teenage involvement with weightlifting and weight training.

Presenters:

The CEP Presenters have over 80 years combined experience in the fields of Weightlifting and Power Training, working with Elite athletes in Weightlifting; Track & Field; Rowing; Football Codes; Netball; Baseball; and Swimming.



Australian Government
Australian Sports Commission

The Australian Weightlifting Federation is supported by the Federal Government through the Australian Sports Commission.