

British Powerlifting Level 1 Coaching course Syllabus

1. Health & Safety
2. The Role of Coaching
3. Competitive Powerlifting Squat
4. Practical:
 - a. Coaching the Squat
5. Competitive Powerlifting Bench Press
6. Practical:
 - a. Coaching the Bench Press
7. Competitive Powerlifting Deadlift
 - a. Coaching the Deadlift
8. Basic Strength Training
9. Flexibility and Mobility in Powerlifting
10. The mechanics of Powerlifting
11. Introduction to Programming
12. Anti-Doping in Sport
13. Safeguarding children in Sport
14. Anatomy and Physiology of Strength training
15. Spotting

Practical Element

Each course will ask for volunteers for all of the practicals. There will be 1-2 people participating in each practical whilst the others are coaching, therefore the course will need enough volunteers to be able to rotate participants for each practical. If you are physically unable to do something, please make us aware prior to the course know.

As a volunteer, please do not use the practical sessions for your own training purposes - the focus is on the learning opportunities for the coaches. Furthermore, there is no saying how light/heavy you will go in your practical session and the time constraints tend to mean the practical sessions don't last very long.

Course content and reading

Your success on this course relies heavily on your full engagement. This means asking questions, stopping the tutor if there is something you don't understand, engaging with your peers in the group exercises, and being supportive of your peers when they speak up.

All this material will be new to everyone in some way, shape or form. This course has been created to provide you with a framework from which your future learning can be based upon, teach you where to look, and how to apply critical thinking, with knowledge and skills you have in this sport to further your own learning and become the best coach you can be. As such, to get the most out of this course, you are

encouraged to fully engage with the further reading material that will be sent to you after the weekend.

Pre-requisites

There are no pre-requisites for the Level 1 Coaching Powerlifting education course. This course is designed to introduce all level of abilities in to coaching the sport of Powerlifting.

However, it is recommended that you have any of the following the enhance your learning experience:

1. Experience within the sport of Powerlifting, to include but not limited to:
 - a. Competing within Powerlifting
 - b. Coaching a person to compete in a Powerlifting competition
 - c. Volunteering at a Powerlifting competition
 - i. As platform crew
 - ii. As table crew
 - iii. As an official such as Referee
 - iv. As organiser
2. A certificate in Anti-Doping awareness, suitable examples of these include but are not limited to:
 - a. [ADEL for High Performance Coaches](#)
 - b. [UKAD Accreditation course](#)
3. Evidence of learning or active promotion for Safeguarding children in sport
 - a. [NSPCC Safeguarding children in sport training](#)
 - b. [Anne Craft Trust Safeguarding Children](#)
 - c. [Child protection in Sport](#)
 - d. [Introduction to Safeguarding Children Training Course \(Level 1 Safeguarding\)](#)

Accessible learning

If you have any learning requirements that we need to consider when providing the course to you, please note these in your application form and discuss them with your course tutor prior to the event.

We work hard to ensure all students are provided with the suitable means to learn. Our courses are designed to facilitate learning through elements such as:

- Written text
- Practicals
- Discussion
- Peer group work
- Quiet periods for processing the information

However, everyone learns in a unique manner. Therefore, if there is a way in which we can elevate your learning we will ensure we do all in our ability to provide this.

More information

If you would like more information please contact us at coaching@britishpowerlifting.org