

## British Powerlifting Level 2 Coaching course Syllabus

1. Overview of the Sport and Coaching Practices
  - i. What is Coaching Philosophy
  - ii. What is a Coach
  - iii. Coaching a diverse learning styles
  - iv. Safe coaching practices
  - v. Coaching Code of Conduct
2. Establishing a Needs Analysis:
  - i. Athlete profiling
  - ii. Squat screening
  - iii. Bench screening
  - iv. Deadlifting screening
  - v. Biomechanics
3. Structuring a session
  - i. Planning Effective Warm Ups
  - ii. Utilising pre-habilitation and cool down practices
4. The 3 Powerliftings:
  - i. Back Squat: Theory and Practice
  - ii. Bench Press: Theory and Practice
  - iii. Deadlift:
    - o Conventional Deadlift: Theory and Practice
    - o Sumo Deadlift: Theory and Practical
5. Equipped Powerlifting: Theory and Practical
6. Club coaching
  - i. Business development
  - ii. University club coaching
7. Training Theory: Long Term Planning
  - i. Periodisation
  - ii. General Adaptation Syndrome
  - iii. Specificity
  - iv. Overload
  - v. Training Periods
  - vi. Phases of Training
  - vii. Dose Response
  - viii. Exercise Selection
  - ix. Addressing Weaknesses
  - x. Accessory exercises
  - xi. Trunk Training
8. Competition Coaching
  - i. Preparation

- ii. Competition day
9. Topical Issues
- i. Novice lifters and gender bias adaptations
  - ii. Special groups
10. Continued Professional Development

## **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**

1. Level 1 British Powerlifting Coaching Course qualification or equal/above relevant qualifications
2. 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
3. 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](#)
4. 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 \(Level 1 Safeguarding\)](#)

When you apply for your level 2 course, you will be asked for the relevant qualifications, please provide a list of all examples and we will contact you to provide evidence of this.

### **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](mailto:coaching@britishpowerlifting.org)