



Weightlifting Training Specialist
Critical Skills Checklist & Exam Preparation Guide



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While any candidate that has met the minimum requirements to take the Weightlifting Training Specialist Exam should be equipped with all the necessary knowledge and skills, we understand these skills are depreciable and not all of them may be used regularly, depending on your role. With this in mind, we have created this preparation guide which includes all knowledge and skills that are assessed through the Weightlifting Training Specialist Exam.

Candidates are encouraged to self-evaluate their knowledge of each item below. It is recommended that you utilize scholarly articles for additional information on individual skills; however, you can also reach out to education@usaweightlifting.org for specific material relating to any of the skills identified below.

Good luck in your studies and we look forward to seeing your participation in one of our upcoming exams!

1. Identify Physical Readiness Training Leadership Principles
 - Understand the principles of effective leadership in physical readiness training.
2. Analyze human movement and physical requirements for tactical tasks
 - Study the mechanics of human movement and the physical demands of tactical tasks.
3. Conduct Assessment of Fitness Using Approved Assessments
 - Learn how to administer approved fitness assessments to evaluate individuals' fitness levels.
4. Conduct Assessment of Trainee Body Composition
 - Understand and apply techniques to assess trainees' body composition accurately.
5. Conduct Assessment of Trainee Mobility Using Functional and Modified Movement Assessments
 - Gain knowledge of functional and modified movement assessments to evaluate trainees' mobility.
6. Conduct Assessment of Strength For Trainee-Based Goals Using Validated Assessments
 - Learn how to assess trainees' strength based on their goals using validated assessment methods.



Weightlifting Training Specialist

Critical Skills Checklist & Exam Preparation Guide

7. Conduct Assessment of Speed, Agility, and Plyometrics (SAP) For Goal-Based Tasks Using Validated Assessments
 - Understand and apply validated assessments to evaluate trainees' speed, agility, and plyometric abilities for goal-based tasks.
8. Conduct Assessment of Nutritional Practices
 - Learn how to assess trainees' nutritional practices and make recommendations for improvement.
9. Administer Performance-Based Assessments
 - Acquire the skills to administer performance-based assessments to evaluate trainees' overall performance.
10. Identify Physical Readiness Training Areas, Facilities, and Equipment
 - Familiarize yourself with the various areas, facilities, and equipment required for physical readiness training.
11. Develop Physical Readiness Training Programs
 - Learn how to design comprehensive physical readiness training programs for individuals or groups.
12. Localize Program to Improve Muscular Strength
 - Understand how to tailor training programs to enhance muscular strength.
13. Localize Program to Improve Aerobic and Anaerobic Endurance
 - Learn techniques for customizing training programs to improve aerobic and anaerobic endurance.
14. Localize Program to Improve Rest and Recovery
 - Understand the importance of rest and recovery and incorporate strategies into training programs.
15. Localize Program to Improve Speed, Agility, and Plyometrics (SAP)
 - Discover methods to customize training programs to enhance speed, agility, and plyometric capabilities.
16. Localize Program to Improve Nutritional Practices
 - Develop strategies to adapt training programs to improve trainees' nutritional practices.



Weightlifting Training Specialist

Critical Skills Checklist & Exam Preparation Guide

17. Recommend a Modified PRT Program Based on Trainee goals and limitations
 - Learn how to make recommendations for modified physical readiness training programs based on individual goals and limitations.
18. Recommend Annual Training Plan/Macrocycle
 - Understand the process of developing an annual training plan or macrocycle for optimal performance.
19. Demonstrate a High Level of Holistic Fitness
 - Acquire the knowledge and skills to demonstrate a well-rounded, holistic level of fitness.
20. Demonstrate Proper Movement Technique in All Core and Accessory Lifts
 - Learn and practice correct movement techniques for core and accessory lifts.
21. Demonstrate Proper Cardio Technique Improvement Drill Technique
 - Understand and demonstrate proper technique for cardiovascular training and improvement drills.
22. Demonstrate Speed, Agility, and Plyometrics (SAP) Training Techniques
 - Learn and showcase effective training techniques for speed, agility, and plyometric exercises.
23. Demonstrate Plyometrics Training Techniques
 - Understand and demonstrate appropriate training techniques for plyometric exercises.
24. Conduct H2F SPRC Strength and Conditioning Daily PE (Day 1-12)
 - Familiarize yourself with the strength and conditioning daily physical education program for H2F SPRC.
25. Identify Coaching and Training for Resistance Training
 - Gain knowledge of coaching and training techniques for resistance training exercises.
26. Conduct Free Weight Training Instruction
 - Learn how to provide effective instruction for free weight training exercises.



Weightlifting Training Specialist

Critical Skills Checklist & Exam Preparation Guide

27. Conduct Supplemental Training Modalities (Dumbbells, Medicine Balls, Indian Clubs, Weights)
 - Understand and teach various supplemental training modalities, such as dumbbells, medicine balls, Indian clubs, and weights.
28. Conduct Mobility and Agility Training Instruction
 - Acquire the skills to instruct mobility and agility training exercises effectively.
29. Conduct Mobility Improvement Exercise Instruction
 - Learn how to instruct exercises aimed at improving mobility effectively.
30. Conduct Coaching and Training for Holistic, Non-Physical Training
 - Understand the principles and methods of coaching and training for non-physical aspects of holistic performance.
31. Brief Daily Performance Nutrition Fueling
 - Gain knowledge of strategies for briefing trainees on daily performance nutrition and fueling practices.
32. Conduct Special Conditioning Programs for Trainees with Physical Limitations
 - Learn how to develop and implement specialized conditioning programs for trainees with physical limitations.
33. Localize Physical Readiness Training Execution to Environmental Considerations and Restrictions
 - Understand how to adapt physical readiness training to different environmental considerations and restrictions.
34. Modify Program Design for Austere Environment
 - Learn how to modify program design to accommodate training in austere environments.
35. Brief H2F Concepts/Content developed by SMEs
 - Familiarize yourself with the concepts and content of the Holistic Health and Fitness (H2F) system developed by Subject Matter Experts (SMEs).
36. Brief Performance Nutrition Recommendations to Improve Holistic Performance



Weightlifting Training Specialist

Critical Skills Checklist & Exam Preparation Guide

- Gain knowledge of performance nutrition recommendations and strategies to enhance holistic performance.
37. Brief Cognitive Enhancement Recommendations to Improve Holistic Performance
- Understand and communicate cognitive enhancement recommendations to improve holistic performance.
38. Brief Sleep Recommendations to Improve Holistic Performance
- Learn about sleep recommendations and strategies to improve holistic performance.
39. Brief Spiritual Practice Recommendations to Improve Holistic Performance
- Acquire knowledge of spiritual practice recommendations to enhance holistic performance.
40. Brief a Physical Readiness Training Leader Course Overview
- Develop an overview of the Physical Readiness Training Leader Course to provide a comprehensive briefing.
41. Establish the Holistic Health and Fitness (H2F) System
- Understand the fundamentals and principles of establishing the Holistic Health and Fitness (H2F) system.
42. Identify the structure and function and injury of the human skeleton.
- Learn about the structure, function, and common injuries associated with the human skeleton.
43. Identify the structure and functions of the human muscle system.
- Gain knowledge of the structure and functions of the human muscle system.
44. Identify the body's methods for energy production and its relationship to physical readiness training (PRT) and physical performance.
- Understand the different energy production methods in the body and their relevance to physical readiness training and performance.
45. Review basic anatomy (muscle and skeletal) and kinesiology terms



Weightlifting Training Specialist

Critical Skills Checklist & Exam Preparation Guide

- Refresh your knowledge of basic anatomy, including muscle and skeletal structures, and key kinesiology terms.
46. Identify muscle structure and function in relationship to physical readiness training (PRT) and physical performance.
- Understand how muscle structure and function impact physical readiness training and physical performance.
47. Identify proper posture, the planes in which movement occurs, and the actions that the body performs to create movement.
- Learn about proper posture, the planes of movement, and the body's actions involved in movement.
48. Identify Physical Readiness Training (PRT) Standards
- Familiarize yourself with the standards and guidelines for Physical Readiness Training (PRT).
49. Conduct the Strength Training Circuit (STC)
- Learn how to conduct the Strength Training Circuit (STC) effectively.
50. Deliver Cognitive Enhancement Recommendations to Improve Holistic Performance
- Learn techniques for delivering cognitive enhancement recommendations to improve holistic performance.
51. Identify common barriers to exercise
- Recognize common obstacles or challenges that individuals may face when engaging in exercise.
52. Identify exercise motivation of self and others
- Understand personal and external factors that motivate individuals to engage in exercise.
53. Define theories and models of exercise
- Familiarize yourself with various theories and models that explain exercise behavior and its impact.
54. Identify positive exercise habits
- Learn about the characteristics and benefits of positive exercise habits.



Weightlifting Training Specialist

Critical Skills Checklist & Exam Preparation Guide

55. Identify methods for adapting (cognitively) to different circumstances (exercise during TDY, pregnant, injury & recovery, fitness plateaus)
 - Understand cognitive adaptation strategies for exercising in different circumstances, such as temporary duty assignments, pregnancy, injury and recovery, and overcoming fitness plateaus.
56. Identify exercise addiction (able to connect to SME/resources)
 - Learn to recognize signs of exercise addiction and know where to find additional resources and subject matter experts for support.
57. Identify Fixed and Growth Mindset
 - Understand the concepts of fixed and growth mindset and their influence on exercise behavior.
58. Identify values-based models of exercise
 - Familiarize yourself with values-based models that promote exercise adherence and motivation.
59. Identify Physical self-efficacy
 - Understand the concept of physical self-efficacy and its impact on exercise engagement and performance.
60. Identify cognitive/behavioral strategies (develop plan with access to resources)
 - Learn cognitive and behavioral strategies for developing effective exercise plans and utilizing available resources.