

WEIGHTLIFTING TRAINING SPECIALIST CREDENTIAL

Examination Handbook v.2024



*USA Weightlifting
1 Olympic Plaza
Colorado Springs, Colorado 80909*

Mission

The mission of USA Weightlifting is to support United States athletes in achieving excellence in Olympic and world competition, and to support, promote and educate a diverse and inclusive community of weightlifting and the use of the barbell in the United States.

Values

As the organization advances its mission to fulfill its purpose and inherent obligation of driving the health and safety of athletes participating in Weightlifting, we are guided by a set of deeply rooted values. These values are the foundation upon which we build our relentless pursuit of excellence.

- *Service* - We contribute to the success of others
- *Empathy* - We are aware of, sensitive to, and vicariously experience the feelings, thoughts, and perspective of others
- *Teamwork* - We achieve more when we collaborate and work together
- *Integrity* - We operate with unquestioned ethics, and build trust through responsible actions and honest relationships
- *Inclusion* - We all matter
- *Structure* - We operate from our front foot with intentionality, proactivity, and clear priorities

Nondiscrimination Policy

USA Weightlifting does not and will not discriminate on the basis of race, color, religion, gender, gender expression, age, national origin, disability, marital status, sexual orientation, or military status, in any of its activities or operations including coach education.

Ethics

In accordance with the USA Weightlifting Bylaws, USAW maintains a [Code of Ethics](#). Credential holders (in addition to athletes, coaches, certificate holders, etc.) must uphold the standards set forth in the Code of Ethics. Violations of this code may result in the sanctioning of a member or the revocation of credential.

Weightlifting Training Specialist

Credentialing Program

The Weightlifting Training Specialist credential is for individuals who want to demonstrate a higher level of strength and conditioning knowledge. The purpose of the certification is to ensure that the candidate possesses the skills and competency required to train individuals safely, effectively, and efficiently using a wide variety of major strength training exercises including weightlifting movements.

To attain this credential individuals must meet all eligibility requirements detailed in this handbook, pass the Weightlifting Training Specialist examination, and commit to a standard of professional accountability.

Exam Eligibility

Age Requirements

Candidates must be 18 or older at the time of application.

Education and Experience

Candidates are required to have either their USAW Level 1 certification or 2,500 hours of equivalent professional experience within the last 12-months.

Credentialing Fees

A nonrefundable \$99.00 fee is required for a candidate to submit their application. In addition to the application fee, a first attempt of the examination costs \$600.00 (members) or \$1,000 (non-members). For those unable to pass the examination on their first attempt, additional attempts are available without an application fee at the rate of \$250.00 (members) or \$500 (non-members) per attempt. Finally, the recertification exam is also available to certified individuals at a rate of \$250.00 (members) or \$500 (non-members) per attempt.

Application Process

In-person Examination

To complete the examination in-person, please email education@usawweightlifting.org with the candidate's full name and contact information. Please also include the credential name in the correspondence. USA Weightlifting will perform candidate registration, eligibility verification, and scheduling. USA Weightlifting will reply to all candidate emails within 48 business hours. Once verified and paid, USAW schedules examination times within 5-10 business days.

Virtual Examination

1. Create a profile in the [USA Weightlifting database](#)

Note: purchasing of a membership is not required to create a profile or earn this credential.

2. Select 'Members' in the left-hand navigation menu then the profile card for the candidate
3. Select "Access USAW Learning Academy"

4. Select “Weightlifting Training Specialist” and complete the application

USA Weightlifting will perform candidate registration and eligibility verification and transfer candidate eligibility data to Strasz, a Pearson VUE Consolidator. Pearson VUE’s web-based registration and scheduling system leads candidates through the scheduling process. Candidates can initiate the process 24 hours a day, seven days per week.

Certification Renewal

The WTS credential expires 36 months after completing the examination with a passing score. For individuals to maintain the credential, a recertification exam must be completed with a score of no less than 70%. To access the recertification examination, please access the USAW Learning Academy. Within the learning academy, individuals will find the recertification application and examination within the WTS folder. The recertification examination is \$250.00 for the first two attempts. Failure to pass the recertification exam two times will result in the candidate needing to complete the full certification process again. Credentialed individuals will have a grace period of 30 days from the expiration of their credential to register for a recertification exam. Failure to complete registration for an exam within this window will result in the credential expiring and the individual needing to complete the full certification process again to regain the credential.

Examination Breakdown

The examination is comprised of 120 question and utilizes the domains listed below. Regardless of the type of exam (in-person or virtual), the candidate has the same opportunity for resource utilization during the examination.

Mobility Assessment – 14%

Identification of movements to determine a trainee’s mobility and assessment of said movement to determine whether the trainee can safely perform weightlifting movements.

Programming – 18%

Creation and alteration of workout programming based on the trainee’s goals and readiness.

Pedagogy – 11%

Identification and application of techniques for clear communication in an instructor environment.

Training – 24%

Identification of weightlifting movements to correct issues within a trainee’s movements and/or to advance the trainee’s goals.

Leadership & Management – 10%

Ability to communicate effectively within a leadership role.

Lifestyle Education – 12%

Application of holistic fitness priorities to include, but not limited to, sleep hygiene, mental health, spiritual health, nutrition, and more.

Safety – 11

Identification of safety concerns within a trainee's movements and/or ensuring a safe training space for trainees.

Examination Day

Candidates should anticipate the examination taking 2.5 hours. The examination is a total of 120 questions. The candidate is required to complete the exam within a single sitting. Failure to complete questions on the examination will result in the questions being scored as incorrect. To pass the certification, a candidate needs to earn a minimum score of 70%, requiring a minimum of 84 correct answers.

Nondisclosure of Examination Content

Submission of an application indicates the candidate's agreement to keep the contents of the exam confidential and not disclose or discuss specific exam content with anyone except USA Weightlifting staff. Sharing of exam content is cause for revocation of certification.