



## USA Weightlifting Level 1 Information for CEUs and CECs

**About USA Weightlifting Coaching Education:** As the national governing body for the sport of weightlifting, USA Weightlifting is the most trusted resource for weightlifting knowledge and education. For over 30 years, we have been educating coaches about weightlifting, optimizing lifting technique, implementing proven programming systems, and building champions. Our USAW Level 1 and Level 2 courses are the perfect blend of hands-on learning, in-depth discussions of technical progressions, and science-based programming information. Invest in your career and in your athletes by signing up for one of our courses and learning from the experts in weightlifting.

**Our Instructor Team:** Our instructor team consists of National Level or above USAW coaches who also have are also professors, weightlifting club coaches, former elite lifters, sport scientists, and elite sport coaches. What they all have in common is a passion for spreading the joy of weightlifting and educating the next generation of coaches. The USAW network of instructors and digital course materials serve as an invaluable resource for our course participants long after the live course has finished.

**Level 1 Course Description:** In this two-day course, participants will gain practical information about weightlifting technique, assessing movement, motor learning, biomechanics, effective coaching, and programming training. In addition to covering scientifically based concepts to optimize training and skill learning, a large portion of the course will be hands-on teaching and application of the complete technical progressions of the snatch, clean and jerk, and assistance lifts. Learn highly effective coaching tips and cues from our veteran weightlifting coaches, who will help you safely and effectively implement Olympic lifting movements in training weightlifters, clients, and athletes of all ages and abilities. This course balances hands-on learning with in-depth discussions of technical progressions and science-based programming information.

Gain access to proven training plans to get your athletes or clients started with Olympic lifting and enjoy the support of USAW to help you further your knowledge about training and coaching athletes. At the end of the course, participants should feel comfortable understanding and implementing a training plan, teaching beginner and intermediate athletes how to perform weightlifting movements, correcting common technique errors, and employing best practices in coaching. Whether you are looking to get started coaching weightlifting, refine your coaching skills, or apply the weightlifting movements to other sports, this course is a valuable investment in your career.

**Course Materials:** Extensive online course materials with videos of all exercise progressions, over a hundred pages of content, and sample weightlifting programming. Coaches will have lifetime access to the course materials if they remain certified.

**Prerequisites:** Other than holding active USA Weightlifting membership, there are no prerequisites for this course. The course is open to anyone 17 or older, and no prior experience coaching or performing Olympic lifting is required.

**Requirements for Certification:** In compliance with our USOPC accreditation, both the free online Athlete Development Model training module and successful completion of the online course certification exam are required to receive your USAW Level 1 Coach certification.

**CEUs/CECs Eligibility:** This course has a total of 13 contact hours and is eligible for CEUs and CECs through a variety of professional organizations. The course is pre-approved for 1.3 NASM CEUs and 13 AFAA CEUs. For course reporting requirements, please check with your professional organization.

### **Course Schedule:**

#### **Day 1**

8:00am – 11:00am: Introduction, weightlifting safety, effective coaching, weightlifting technique, and evaluating readiness to lift

11:00am – 12:00pm: Hands-on: Readiness assessments

12:00pm – 1:00pm: Lunch break

1:00pm – 5:00pm: Hands-on: Snatch, clean, and jerk progressions

#### **Day 2**

8:00am – 10:00am: Programming training and supplemental lifting exercises

10:00am – 12:00am: Hands-on: Supplemental lifting exercises, snatch, and clean and jerk

12:00pm – 1:00pm: Lunch break

1:00pm – 2:00pm: Weightlifting for sport performance and wrap up

There are a total of 13 contact hours in the Level 1 course.

### **Primary course author:** Mike Gattone, MS, CSCS

Mike the Director of Coaching Education and High Performance at USAW as well as a Senior International USA Weightlifting. He has over 30 years of experience coaching weightlifting athletes, including having coached Tara Nott to a gold medal in the 2000 Sydney Olympic Games. He holds an NCCA accredited certification (NSCA-CSCS) and earned his MS in exercise science and health promotion from California University of Pennsylvania.

**For information on the education and credentials of a specific course instructor, please reach out to her or him directly to ensure that your organization will accept the course for CEU/CECs.**