



USA Weightlifting Level 2 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 2 Course Description: In this course, participants will delve deeper into topics covered in the Level 1 course, as well as learn about essentials such as competition preparation, effective communication, and dozens of great exercises for weightlifters. Over the course of two days, expert USAW coaches will cover advanced strength and power development principles, scientifically based program design, national competition preparation and coaching strategies, as well as long-term development of weightlifters. Participants will have a chance to discuss how to approach programming through examples of training systems and real-world plans for the development of weightlifters and other athletes.

Course Materials: Extensive online, interactive course with dozens of videos and extras. Course materials are divided into two sections, Level 2 Foundations and Level 2 Core. The Foundations section is available 2 weeks prior to the start of the course and the Core section is available on the first day of the course. Course access is open for a year after the course and indefinitely thereafter so long as the Level 2 certification is current.

Prerequisites: To enroll in this course, participants must have obtained the USA Weightlifting Level 1 certification, be over the age of 17, and be a current member of USAW in good standing.

CEUs/CECs: This course has a total of 16 contact hours and is eligible for CEUs and CECs through a variety of professional organizations.

Course Schedule:

Day 1: 8:00am-5:00pm

- Introduction and brief Level 1 review
- Advanced weightlifting technique
- How to communicate effectively
- Hands-on coaching: snatch, clean and jerk
- How to correct technique errors part 1
- Supplemental exercises for weightlifting
- Hands-on coaching: supplemental exercises

Day 2: 8:00am-5:00pm

- How to correct technique errors part 2
- Major training principles and periodization
- Small group programming for weightlifting
- In-depth programming for advanced weightlifting
- Small group programming for sport
- Competition coaching
- Mock competition for coaching

There are a total of 16 contact hours in the USAW Level 2 course.

Requirements for Certification:

After completing the course, participants have 14 days to pass an online course certification exam to earn the USAW Level 2 coach certification. Participants have 2 attempts to earn a 70% or greater on a self-paced exam.

Primary course author: Anna Swisher, PhD, CSCS

Anna is the Coaching Education and Sport Science Manager at USAW. She has over a decade of experience as a track and field coach, strength coach, university professor, and researcher. She holds an NCCA accredited certification (NSCA-CSCS) and earned her doctorate in sport physiology and performance in 2016 from East TN State University.

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.