

# olympic lifting

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**SCHOOL OF SPORT AND EXERCISE**  
Enter the ever changing world of fitness

# about this programme



This short course is a practical course which focuses on correct lifting protocols for basic lifts.

Learn how to demonstrate the exercises and provide teaching cues on them.

It is intended for continued professional development (CPD) for qualified fitness and sport coaching professionals.



1 Day Practical  
8 Week Learning Activities  
& Assessment  
(with Access to Master Trainer)



12 CPD points  
(Fitness Professionals only)



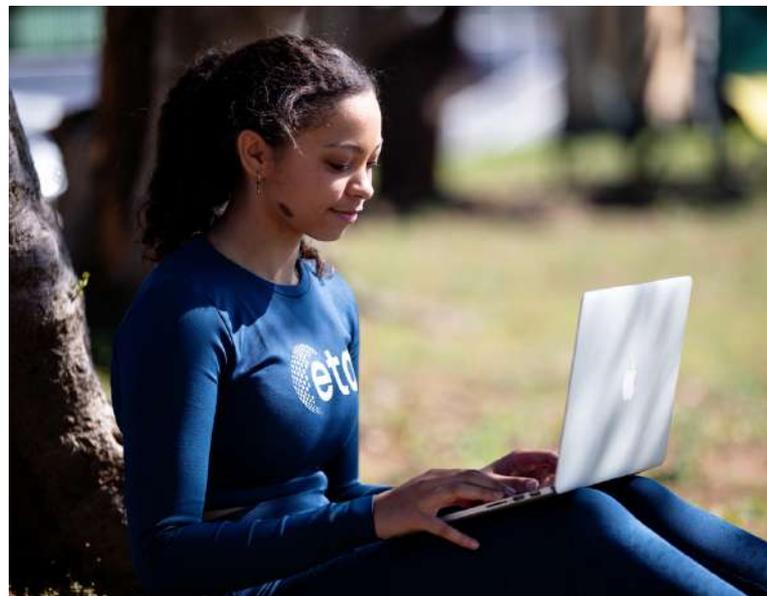
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Assessment is both  
theory and practical



Applicants should have a  
valid NQF level 4 fitness  
qualification.



**BUY NOW**



# how will this qualification help differentiate yourself?



You are passionate about fitness and currently work in the fitness industry. You love learning about new methods of training.



You want a portable fitness solution to train clients in any setting.

## **AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY TO:**

- Implement the correct lifting protocols for basic lifts.
- Demonstrate knowledge of the biomechanics behind lifting.
- Implement coaching and corrective strategies.
- Use flexibility strategies in training techniques.

# what career can i go into once i am qualified

The short course allows you to expand on your knowledge as a fitness professional.

- Olympic Lift Coach
- Adds specific skills to your current work environment



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## WHO WILL HIRE ME?

- Fitness facilities – large gyms and fitness facilities
- Home clients wanting assistance in their fitness goals
- Self employment – as a business owner and entrepreneur

**THIS SOUNDS PERFECT  
FOR MY CAREER**

**BUY NOW**



# NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

SUSPENSION  
TRAINING



MOVEMENT &  
MOBILITY  
SPECIALIST



KETTLEBELL  
TRAINING



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