

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Fundamentals of Weightlifting Technique

Workshop Level



LAPT — London Academy of Professional Training

Address 85 Great Portland Street, W1W 7LT, London, United Kingdom

Email info@lapt.org

Telephone +44 7513 283044

Web lapt.org

Reference FT-PTS-W • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-PTS-W
AWARD	Certificate
ASSESSMENT	445 marks — 267 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Basic Lifting Techniques 3 chapters · 12 classes 115 marks • 1 Chapter 1 — Understanding Body Mechanics in Lifting — 4 classes › 1.1 Exploring the Principles of Body Mechanics in Lifting › 1.2 Identifying Key Muscle Groups Used in Effective Lifting › 1.3 Analyzing Correct Posture and Alignment during Lifts › 1.4 Applying Body Mechanics to Improve Lifting Techniques • 2 Chapter 2 — Fundamental Lifts: Techniques and Variations — 4 classes › 2.1 Mastering the Squat: Proper Form and Technique › 2.2 Perfecting the Deadlift: Ensuring Safety and Efficiency › 2.3 Executing the Bench Press: Building Strength Effectively › 2.4 Exploring Variations: Adapting Fundamental Lifts for Goals • 3 Chapter 3 — Common Errors and Injury Prevention Strategies — 4 classes › 3.1 Identifying Common Weightlifting Errors › 3.2 Understanding the Impact of Poor Technique on Injury Risk › 3.3 Implementing Strategies to Minimize Lifting Errors › 3.4 Applying Injury Prevention Techniques in Daily Training
2 Introduction to Weightlifting 3 chapters · 12 classes 90 marks • 1 Chapter 1 — Fundamentals of Weightlifting Mechanics — 4 classes › 1.1 Understanding the Basics of Weightlifting Mechanics › 1.2 Identifying Key Muscle Groups in Weightlifting › 1.3 Mastering Proper Form and Posture in Lifts › 1.4 Applying Correct Breathing Techniques in Weightlifting • 2 Chapter 2 — Mastery of Core Weightlifting Techniques — 4 classes › 2.1 Understanding Key Weightlifting Principles › 2.2 Demonstrating Proper Squat Form › 2.3 Executing Effective Deadlift Techniques › 2.4 Applying Techniques in a Practical Setting • 3 Chapter 3 — Advanced Weightlifting Drills and Variations — 4 classes › 3.1 Mastering the Clean and Jerk: Advanced Techniques › 3.2 Perfecting the Snatch: Variations for Improved Performance › 3.3 Exploring Accessory Drills for Enhanced Stability and Control › 3.4 Applying Advanced Drills in Personalized Weightlifting Routines

3

Muscle Anatomy and Function

3 chapters · 12 classes

65 marks

• 1 Understanding Skeletal Muscle Structure and Types — 4 classes

- › 1.1 Explore the Basic Structure of Skeletal Muscle
- › 1.2 Differentiate Between Types of Skeletal Muscle Fibres
- › 1.3 Investigate the Role of Skeletal Muscles in Movement
- › 1.4 Apply Knowledge of Muscle Types to Weightlifting Techniques

• 2 Muscle Functionality and Neural Activation in Weightlifting — 4 classes

- › 2.1 Exploring Muscle Fiber Types and Their Roles in Weightlifting
- › 2.2 Understanding Neural Pathways and Their Influence on Muscle Activation
- › 2.3 Analyzing the Neuromuscular Coordination During Lifting Exercises
- › 2.4 Applying Knowledge of Muscle Function to Optimize Lifting Techniques

• 3 Muscle Group Synergies and Functional Movements in Lifting — 4 classes

- › 3.1 Explore Muscle Group Synergies in Lifting Movements
- › 3.2 Identify Functional Movement Patterns for Effective Lifting
- › 3.3 Analyze the Role of Stabilizer Muscles in Lifting Techniques
- › 3.4 Apply Muscle Symbiosis to Enhance Lifting Performance

4

Performance Analysis

3 chapters · 12 classes

65 marks

• 1 Biomechanics of Weightlifting Movements — 4 classes

- › 1.1 Understand the Basic Biomechanics in Weightlifting
- › 1.2 Analyze the Phases of a Snatch Lift
- › 1.3 Break Down the Clean and Jerk Movements
- › 1.4 Apply Biomechanical Principles to Improve Technique

• 2 Evaluating Form and Technique in Weightlifting — 4 classes

- › 2.1 Understanding Weightlifting Form Basics
- › 2.2 Identifying Common Technique Errors
- › 2.3 Analyzing Lifts Through Video Playback
- › 2.4 Applying Technique Corrections in Practice

• 3 Corrective Strategies and Performance Optimization — 4 classes

- › 3.1 Identify Common Technique Flaws in Weightlifting
- › 3.2 Analyze Athlete Performance Using Video Tools
- › 3.3 Develop Customized Corrective Strategies
- › 3.4 Implement Performance Optimization Plans

5

Programme Design Basics

3 chapters · 12 classes

45 marks

• 1 Understanding the Principles of Weightlifting Programme Design — 4 classes

- › 1.1 Grasping Fundamental Weightlifting Concepts
- › 1.2 Identifying Key Principles of Programme Design
- › 1.3 Applying Programme Design to Weightlifting Goals
- › 1.4 Evaluating and Adjusting Weightlifting Programmes

• 2 Structuring Weightlifting Programmes for Different Goals — 4 classes

- › 2.1 Understanding Weightlifting Goals and Their Impacts on Programme Design
- › 2.2 Analyzing Athlete Profiles to Define Programme Requirements
- › 2.3 Designing Periodized Weightlifting Programmes for Strength Gains
- › 2.4 Adapting Programmes for Hypertrophy and Endurance Targets

• 3 Adapting Programmes for Diverse Populations and Environments — 4 classes

- › 3.1 Understanding Diverse Needs in Weightlifting
- › 3.2 Identifying Environmental Constraints and Opportunities
- › 3.3 Customizing Techniques for Different Populations
- › 3.4 Implementing Adapted Programmes Effectively

6

Safety and Injury Prevention

3 chapters · 12 classes

65 marks

• 1 Understanding Biomechanics and Proper Form — 4 classes

- › 1.1 Exploring Basic Biomechanics in Weightlifting
- › 1.2 Identifying Key Muscle Groups for Safe Lifting
- › 1.3 Mastering the Mechanics of Proper Lifting Form
- › 1.4 Applying Biomechanics to Prevent Weightlifting Injuries

• 2 Identifying Common Weightlifting Injuries and Prevention Strategies — 4 classes

- › 2.1 Understanding Common Weightlifting Injuries
- › 2.2 Recognizing Risk Factors in Weightlifting
- › 2.3 Implementing Injury Prevention Techniques
- › 2.4 Applying Safe Lifting Practices

• 3 Developing Personalized Injury Prevention Plans — 4 classes

- › 3.1 Understanding Individual Risk Factors
- › 3.2 Identifying Common Weightlifting Injuries
- › 3.3 Designing a Personalized Warm-Up Routine
- › 3.4 Implementing Ongoing Monitoring and Adjustments

