



USA Weightlifting ®
Level 2 Sports Performance Course
@ University of Alabama-Birmingham
Bell Weight Room
June 21-22, 2014
608 13th St. S, Birmingham, Al 35294
Instructor: Harvey Newton
Coordinator: Zac Woodfin
Contact: 205-532-9721, blazer58@uab.edu
TENTATIVE 2-Day Schedule

****Certification requirements have changed, Level II is now a course completion****

Day 1

0800 - 0815	Introduction & Administrative Details
0815 - 0900	Principles of Coaching
0900 - 0945	Skill Acquisition
0945 - 1030	Biomechanics
1030 - 1115	Anatomy, Physiology
1115 - 1200	Nutrition & Daily Regimen
1200 - 1300	Lunch
1300 - 1400	Teaching Weightlifting Technique
1400 - 1430	Assistance Exercises, Lecture
1430 - 1530	Assistance Exercises, Practical
1530 - 1630	Program Design
1630 - 1715	Psychology and Weightlifting

Day 2

0800 - 0845	The American Developmental Model
0845 - 0930	Strength and Power Principals
0930 - 1015	Competition Preparation
1015 - 1100	Faults and Corrections
1100 - 1215	Mock Meet
1215 - 1245	Exam Preparation
1245 - 1330	Lunch
1330 - 1500	Exam

Enrollment: USAW E-Store or go to the website: www.usaweighting.org

Area Hotels: The Sheraton, www.sheratonbirmingham.com
Drury Inn, www.druryhotels.com/birmingham