

# भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,  
Commonwealth Weightlifting Federation and Indian Olympic Association  
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

File No.: IWLF-Cir./2024-25/221

Date: 29 March 2024

**'URGENT'**

*All affiliated States / Units  
and Executive Members  
of Indian Weightlifting Federation*

**Sub.: Invitation for Level 1 Coach Certification Courses to Olympic Weightlifting for the year 2024-25.**

Dear All,

All State Associations and Departmental Boards are hereby informed that Indian Weightlifting Federation is conducting Level 1 Coach Certification Course to Olympic Weightlifting for the year 2024-25.

The registration and payment link will be available on website of Indian Weightlifting Federation under Coach Courses on the homepage or follow the link - <https://iwlf.in/registration-for-level-courses-for-coaches/>.

Detailed information sheet of the Course is enclosed for your kind reference. Boarding & lodging, transportation, TA/DA or any other incidental expenses will be borne by candidates themselves.

The last date of registration will be **15<sup>th</sup> April 2024**. All interested participants will register themselves on the website portal – link given above. Only first 30 registered candidates will be enrolled for first batch starting on 19<sup>th</sup> April 2024. Those candidates who have paid fees earlier and did not attend the Course due to medical reasons will be given preference for this Course.

Kindly take a note of it and widely publicize the circular amongst your gyms / weightlifting training centres and district associations of your State(s).

Yours Sincerely,

  
**Gp. Capt. Ranjib Sahoo (Retd.)**  
Chief Executive Officer ★



*Encl. as above.*



## Indian Weightlifting Federation Level 1, 2 and 3 Coach Certification Course in Olympic Weightlifting

**About the Course** – The Indian Weightlifting Federation (IWLF) is pleased to announce the conduct of Level 1 & Level 2 Coach Certification. The Expert Speaker will be Mr. Ahmed Awad Ahmed Hussain from Egypt, Coach Educator engaged with Indian Weightlifting Federation. IWLF Level 1 Coach certification is an introductory course to Olympic weightlifting and is aimed at all coaches and strength and conditioning experts whereas IWLF Level 2 Course is intermediary level course for those who are looking to learn and enhance their knowledge of Olympic weightlifting.

**Benefits of the Course** – The course is part of the new Coach Certification Framework being brought forth by the Federation to strengthen the coach education system in India for weightlifting. The Coach framework shall include:-

- Level 1 – Introductory Course
- Level 2 – Intermediate Course
- Level 3 – Advanced Course

**Level 1** shall henceforth be mandatory for all coaches working at State Level or below including grassroots. The **Level 1** Course is aimed to impart foundation knowledge of Olympic Weightlifting and therefore is open to all and does not have any entry qualification barrier. The Level 1 Course is also aligned with the International Weightlifting Federation program (IWF) Certification will be available after the course and upon completion of the course and test.

**Level 2 and Level 3 Courses – coming soon!!!!!!**

**About Indian Weightlifting Federation** – The Indian Weightlifting Federation (IWLF) is the National Sports Federation for the sport of weightlifting in India recognized by Department of Sports, Ministry of Youth Affairs & Sports, Government of India and International Weightlifting Federation (IWF) and affiliated to Indian Olympic Association.

**About the Lecturer** - Dr. Ahmed Awad Ahmed Hassan appointed as Coach Educator. In his current role, his main objectives are to revolutionize the Coach Education and Coach Development system in India for Weightlifting. In addition, he completed **Doctor of Philosophy in Physical Education, (Weightlifting Training) and Member of the Training and Scientific Research Committee of the African Weightlifting Federation, 2021-2024. Seminar Coordinator at the Sports Training Department - Faculty of Physical Education - Damietta University.**

**Date & Place:** The **first edition of the Level 1 Course** shall be conducted at **Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala** from 19<sup>th</sup> to 29<sup>th</sup> April 2024. The Course is a 10-day course with 1 day each reserved for arrival and departure of candidates.







A total of 30 participants will be enrolled for the first batch starting from 19<sup>th</sup> to 29<sup>th</sup> April 2024 through the website of IWLF on first cum first basis, IWLF at its discretion will select the participants from the registered participants. If there are more than 30 candidates registered on the website of IWLF, other candidates will be enrolled in the next batch(es), dates and venue will be intimated later on.

**Pre-requisite**

**Age criteria**

Participants must be **18 years** of age and over to attend the course.

**Education qualification: Candidate should have completed Minimum +12.**

**Practical Assessment**

During the course there will be practical sessions that require active participation. As part of the practical assessment, participants are required to demonstrate competencies in coaching/teaching the practical skills.

**Registration Requirements:** Participants may need to register for the course in advance and pay the associated fees. Last date of registration is **15<sup>th</sup> April 2024.**

**Fees –** The Level 1 Course fee is **INR 15,000/- (Non refundable)**, Level 2 course fee is **INR 25,000/- (Non refundable)**, Level 3 Course fee is **INR 40,000/- (Non refundable)**. Travel and accommodation to be borne by the candidate himself / herself.

- 19.04.2024- Reporting date
- 28.04.2024- Rest
- 29.04.2024- Examination
- 30.04.2024 – Valedictory

**For conducting the level – 1**

First day registration  
A day Rest on Sunday  
Day for examination  
Valedictory

**For conducting the level – 2**

First day registration  
Rest on Sundays  
A day for examination  
Valedictory





**Course Structure** – The entire course is divided into 15 units or modules covering the following topics:-

1. **Weightlifting Coach**
2. **Warm-up in weightlifting**
3. **Physical preparation for weightlifters**
4. **Warm-up in weightlifting**
5. **Physical preparation for weightlifters**
6. **General exercises for physical components**
7. **Grips - Grip Widths**
8. **Technical preparation for weightlifters**
9. **General principles for learning and coaching**
10. **Educational steps for lifts**
11. **Exercises to master clean**
12. **Exercises to master jerk**
13. **Exercises to master snatch**
14. **Safety and security in training and competition**
15. **Competitions information's**

**Registration** – Interested candidates can register for the Course by visiting the IWLF website for **Level 1 Course** and go to Coach Course for registration and fee payment or click on link - <https://iwlf.in/registration-for-level-courses-for-coaches/>.

**Cost of Manual (E-Book)** – INR 500 (to be downloaded online or sent on email).

