



Olympic Weightlifting Techniques

Olympic weightlifting exercises involve complex movement patterns. This short course covers the intricacies of a variety of lifts and provides strategies for effective teaching and technique correction.

Workshop Overview:

- Learn how to perform a range of weightlifting complexes with optimal mechanics.
- Develop skills and knowledge to enable you to teach a range of weightlifting complexes in a safe and progressive manner to all clients regardless of experience level.
- Learn how to identify and correct common poor technique issues associated with common Olympic lifts.
- Exercises include the snatch, clean, jerk and a range of weightlifting complexes.
- Self-paced online course (over 3 months).

Pre-requisite:

Participants must have completed the Certificate IV in Fitness and be registered as a Personal Trainer to be eligible to attain Fitness Australia CECs from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to have the Strength & Conditioning knowledge and skill areas acknowledged on their registration profile.

For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).

To enrol complete details below and email to info@afa.com.au or fax to 03 9532 9044.

Name:

Email:

Address:

Suburb:

State:

Postcode:

Phone: (H):

Phone (M):

Phone (W):

Fitness Australia Registration Number:

Date:

Delivery Option: Online Face to face

Course Cost: \$250

Visa Mastercard Cardholder's Name:

 Card Number:

Expiry: / CSV:

I, _____ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date: / /