

# Weightlifting- “Instructor Beginner” Certification Pathway

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## **INSTRUCTOR TRAINING**

- Weightlifting “Instructor Beginner” Workshop
- Multi-Sport Modules
  - Make Ethical Decisions
  - Planning a Practice
  - Nutrition



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**INSTRUCTOR receives: NCCP “TRAINED” STATUS**

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## **INSTRUCTOR EVALUATION**

- Make Ethical Decisions Competition Introduction Online Evaluation Successfully Completed
- Active coaching 4-8 months
- Develop portfolio
- Observations & Debrief



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**Instructor becomes: NCCP “CERTIFIED”**

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Maintenance of Certification Requirements – 5 years obtaining 20 points