

## Course content IPF Trainer Education Course, Level II

This course is designed to provide the participant with the basic skills and general knowledge required to work as an effective Powerlifting coach and athlete trainer. These basic skills and general knowledge touch on strength and powerlifting training and should support you effectively in your work, but also give you the opportunity to provide a flexible working area within strength and powerlifting training. Furthermore, this education should help you to effectively achieve the goals set for the athletes as well as to look after their health aspects.

The content of the IPF Trainer Education, Level II course includes:

- Teaching lifting technique in the squat, bench press and deadlift
- Training planning and programming
- Advanced training techniques
- Women's considerations in strength training
- Stretching and injuries
- Equipped Lifting
- Nutrition
- Anti-Doping and Refereeing Rules
- Nomination Goodlift System
- Written examination

The applicant should have a basic knowledge of strength and powerlifting training!

Sixteen course places are available. Should it be necessary, the available course places will be distributed fairly between the applicants/nations!

Head of the Education IPF Education Office

*Dietmar Wolf*

IPF Instructor

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