

Introduction to weightlifting

Adult

Leisure and Professional

Introduction to weightlifting and training



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 9 January 2026



LEVEL
No Qualification

DURATION
09/01/26 - 27/02/26

ATTENDANCE
Part-time

FEES
Tuition Fees: £13.50

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



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