About World Para Powerlifting

World Para Powerlifting, under the governance of the International Paralympic Committee, acts as the international federation for the sport of Para powerlifting. World Para Powerlifting is co-ordinated by the Management Staff with consultation from the Sport Technical Committee and Advisory Groups, and are responsible for the:

- Management of all technical, financial, governance and operational aspects
- Organisation and supervision of the World Championships and other competitions
- Development from the grassroots to the elite level
- Promotion of the sport

A sport on the Paralympic Games' programme since 1964, World Para Powerlifting's mission is to make for a more inclusive society for people with an impairment through Para sport.

One of the fastest growing Para sports with over 100 active countries, World Para Powerlifting’s vision is to enable Para athletes to showcase their abilities and fulfil their full potential at all levels, from the grassroots through to the high performance level.

World Para Powerlifting defines its values and sport characteristics as:

<table>
<thead>
<tr>
<th>Values</th>
<th>Sport Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courage</td>
<td>Athlete centred</td>
</tr>
<tr>
<td>Determination</td>
<td>Collaborative and engaging</td>
</tr>
<tr>
<td>Inspiration</td>
<td>Fair and accountable</td>
</tr>
<tr>
<td>Equality</td>
<td>Open and ethical</td>
</tr>
</tbody>
</table>

World Para Powerlifting offers comprehensive educational programming and pathways for athletes, coaches, technical officials and classifiers at all levels throughout the world.
World Para Powerlifting Educational Programme

The World Para Powerlifting educational programme and courses offer the perfect combination of learning through hands-on activities, research-based lectures and in-depth discussions, and provides access to exclusive resources to support growth and continued learning after the course.

World Para Powerlifting courses are designed in partnership with the International Paralympic Committee and industry experts, and delivered by certified Educators, who are experienced as national team coaches, international technical officials, university professors and academic researchers.

Courses are available for those who are both new and experienced in Para powerlifting.

Invest in your development by participating in a World Para Powerlifting educational courses in your area of interest and learn from experts in the sport!
Benefits of Hosting Courses

Opportunity to certify large number of participants
Provides instruction from IPC Certified Educators
Courses delivered with official WPPO content and activities

Improves Para powerlifting knowledge nationally
Develops Para powerlifting expertise among participants
Ensures participants are certified with most recent Rules

For information about hosting a course, visit: WorldParaPowerlifting.org/Education

Benefits of Participating in Courses

Gain certification, recognition and credibility in Para powerlifting
Learn with industry leading content and by IPC Certified Educators
Receive access to specific WPPO content and resources

Become qualified and involved in national and international competitions
Receive exclusive discounts and offers with WPPO partners
Build your network with others interested in Para powerlifting

For information about participating in a course, visit: WorldParaPowerlifting.org/Education
## Technical Official Education

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Duration (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 3</strong></td>
<td>An introductory course to the Technical Rules and Regulations, and to develop the skills, abilities and knowledge associated with Level 3 Technical Official’s roles. The Level 3 Course is aimed at new Technical Officials or Technical Officials who are already certified by their NPC/NF programme. The participants can be from a variety of backgrounds such as current or retired athletes, coaches, NPC/NF staff members, technical officials from other Para sports, or people involved in weightlifting or powerlifting.</td>
<td></td>
</tr>
<tr>
<td><strong>Level 2</strong></td>
<td>An upgrade course to enhance a Technical Official’s knowledge and application of the Technical Rules and Regulation, and to further develop the skills, abilities and knowledge associated with Level 2 Technical Official’s roles. The Level 2 Course is aimed at current Level 3 Technical Officials.</td>
<td>3</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td>An upgrade course to enhance a Technical Official’s knowledge and application of the Technical Rules and Regulation, and to further develop the skills, abilities and knowledge associated with Level 1 Technical Official’s roles. The Level 1 Course is aimed at current Level 2 Technical Officials.</td>
<td>3</td>
</tr>
<tr>
<td><strong>Refresh</strong></td>
<td>A course to reinforce the roles and responsibilities of Technical Officials and ensure the consistent interpretation and application of the Technical Rules and Regulations. The Refresh Course is aimed at current Level 1, 2 and 3 Technical Officials.</td>
<td>2</td>
</tr>
</tbody>
</table>
# Coach Education

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Duration (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>An introductory course to the sport, Technical Rules and Regulations, and basic training principles and competition tactics. The Introduction Coach Course is aimed at new and development coaches. The participants could be from a variety of backgrounds such as current or retired athletes, NPC/NF staff members, coaches from other Para sports, or people involved in weightlifting or powerlifting.</td>
<td>3</td>
</tr>
<tr>
<td>Elite</td>
<td>An advanced course to the Technical Rules and Regulations, competitions tactics, elite training principles and guiding philosophies. The Elite Coaching Course is aimed at development and high performance coaches.</td>
<td>3</td>
</tr>
<tr>
<td>Technology</td>
<td>A course to learn and understand the technology used at competitions and in training, and how it can be used to optimise performance, results and tactics. The Technology Course is aimed at coaches and NPC/NF staff members.</td>
<td>1</td>
</tr>
</tbody>
</table>

# Athlete Education and Training

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Duration (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training Camp</td>
<td>A series of training sessions with athletes and their coaches that puts training and development principles into practice, and provides technical feedback on lifts. Training Camps are aimed at new and development athletes and their coaches.</td>
<td>3</td>
</tr>
<tr>
<td>Raise The Bar: Say NO! To Doping</td>
<td>A course to educate athletes, coaches and team support personnel about the importance of clean sport with topics covered such as the prohibited list, therapeutic use exemptions, medications and supplements, and the doping control process.</td>
<td>½</td>
</tr>
</tbody>
</table>
# Classifier Education

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Duration (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Under Development)</td>
<td>Classifier training for all IPC Para Sports is coordinated through the IPC Medical and Scientific Department. Classifier Education Courses are currently under development by the IPC Medical and Scientific Department.</td>
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</tbody>
</table>

# Other Education and Training

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Duration (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Education (Under Development)</td>
<td>World Para Powerlifting’s Moodle eLearning platform provides athletes, coaches, technical officials and other stakeholders access to information, resources and activities to continue to learning about the sport.</td>
<td>Ongoing/ Self-paced</td>
</tr>
<tr>
<td>Dartfish</td>
<td>World Para Powerlifting’s Dartfish.TV channel provides athletes, coaches, technical officials and other stakeholders competition videos and additional resources.</td>
<td>Ongoing/ Self-paced</td>
</tr>
<tr>
<td>She Can Lift</td>
<td>She Can Lift: Women in Para Powerlifting Courses are aimed to improve gender equity in the sport through increasing women's participation in various roles. The Course, available as any of the Technical Official, Coach or Athlete Educational Courses, is aimed towards female participants.</td>
<td>3</td>
</tr>
<tr>
<td>Competition Hosting</td>
<td>A course to educate and guide current, future or prospective competition hosts about the requirements, organisation and operations of hosting a Para powerlifting competition. The participants could be from a variety of backgrounds such as NPC/NF staff, staff from other Para sports, or people involved in weightlifting, powerlifting or other events.</td>
<td>3</td>
</tr>
<tr>
<td>Spotter Loader</td>
<td>A course to educate event staff and volunteers, coaches and team support personnel about the role, responsibilities, technique and importance of the Spotter Loader related to a competition and training. The participants could be from a variety of backgrounds such as event staff and volunteers, current or retired coaches and team support personnel, NPC/NF staff members, or people involved in weightlifting or powerlifting.</td>
<td>½</td>
</tr>
</tbody>
</table>
World Para Powerlifting Educators

World Para Powerlifting educational courses are delivered by experienced Educators certified by the International Paralympic Committee.

Each Educator facilitates and instructs engaging courses using the most current teaching methods, drawing on the participants’ involvement and their own experience as national team coaches, international technical officials, university professors and academic researchers.

World Para Powerlifting Educators are located around the world and are each passionate about growing and sharing the sport. Each Educator has delivered courses across the globe, teaching participants and developing their knowledge and skills.

Learn more about each Educator by reading their profile on the following pages.
# World Para Powerlifting Educators

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mohammed Alqersh</td>
<td>Mohammed is a Yemeni-born, United Arab Emirates-based, World Para Powerlifting Educator, who has been involved in Para sport in various roles since 2003. Beginning as a competition organiser, he fell in love with Para powerlifting and kept advancing within the sport as a technical official and educator. With an event management background, Mohammed is regularly involved in organizing local and international Para sport competitions in the United Arab Emirates. Mohammed is an experienced international technical official, having judged at several major Para powerlifting competitions, including Paralympic Games, World Championships and Regional Championships. He is a Level 1 Certified Technical Official and speaks Arabic and English.</td>
</tr>
<tr>
<td>Azzam Al-Zubi</td>
<td>Azzam is a Jordanian-born World Para Powerlifting Educator, who has been involved in the sport for over fifty years; as a weightlifting athlete, Azzam was a national champion in Jordan in 1969; as a coach, he led the Jordanian Para Powerlifting National Team for twelve years; as an administrator as National Team Manager and Secretary General of the federation and as an international technical official. Azzam is an experienced international technical official, having judged at many major Para powerlifting competitions, including multiple Paralympic Games, World Championships, and Regional Games. He is a Level 1 Certified Technical Official and speaks Arabic and English.</td>
</tr>
<tr>
<td>Mahmoud Elsherbeny</td>
<td>Mahmoud is an Egyptian-born World Para Powerlifting Educator, who has been involved in the sport for nearly 15 years; beginning as a competition volunteer and now international technical official and educator. Mahmoud is a sales manager who completed his Master’s degree in natural resources. He is deeply involved in Para powerlifting in Egypt through acting as an organiser for competitions throughout the country and as the chairperson for the technical officials with the Egyptian Paralympic Committee. Mahmoud is an experienced international technical official, having judged at many major Para powerlifting competitions, including multiple Paralympic Games, World Championships and World Cups. He is a Level 1 Certified Technical Official and speaks Arabic and English.</td>
</tr>
</tbody>
</table>
## World Para Powerlifting Educators

### Felix Glauner

Felix is a German-born World Para Powerlifting Educator, who has been involved in strength sports as an athlete, coach and instructor.

With a background competing in handball, weightlifting and CrossFit, Felix discovered the benefits of strength training and is driven to share this. Felix is a high school teacher in physical education and English, and a strength and conditioning coach for various groups from youth to high performance. He holds a Master’s degree in sports science and English literature and linguistics. He speaks German and English.

### Zita Gyenko

Zita is a Hungarian-born World Para Powerlifting Educator, who has been involved in the sport for over 20 years; as a Para powerlifting coach, an international technical official and as an educator.

With a physical education and teaching background, Zita is a bodybuilding and fitness trainer for clients with various backgrounds and goals. Zita is an international technical official, having judged at several major Para powerlifting competitions, including World Championships and Regional Championships. She is a Level 1 Certified Technical Official and speaks Hungarian, English and German.

### Ken Hurley

Ken is an Irish-born World Para Powerlifting Educator, who has been involved in the sport for the past decade; as a Para powerlifting coach, a technical official and as an educator.

With a physical education and teaching background, Ken is a strength and conditioning coach and yoga instructor for high performance athletes. Ken is the Head Coach and Senior Coordinator of the Irish National Para Powerlifting Team and a Level 3 Technical Official. He’s supported the Irish Team to winning medals and driven to the ultimate goal of qualification to the Paralympic Games. Ken speaks English.
# World Para Powerlifting Educators

## Kadir Kamaruzaman

Kadir is Malaysian-born World Para Powerlifting Educator, who has been involved in the sport for many years; as a Sport Technical Committee Member, a competition organiser, an administrator, an international technical official, and as an educator. Commander is a retired naval officer after serving the Royal Malaysian Navy for 26 years. He is deeply involved in Para sports development in Malaysia through volunteering with the National Paralympic Committee, specifically at the grassroots level with his work with the National Sports Council of Malaysia and the National Sports Institute of Malaysia. Commander is an experienced international technical official, having judged at many major Para powerlifting competitions, including multiple Paralympic Games, World Championships and Regional Games. He is a Level 1 Certified Technical Official and is the Technical Delegate for the Tokyo 2020 Paralympic Games. Commander speaks Malay and English.

## Dan Kent

Dan is an British-born World Para Powerlifting Educator, who’s life is deeply rooted in strength sports as a coach, technical official and athlete, himself. With a coaching background, Dan is a weightlifting coach in Great Britain, successfully supporting junior, senior and master’s level athletes to national medals and international competitions. He is a past British medalist and current technical official for national competitions. Dan holds several certifications in strength and conditioning, kettlebells and powerlifting. Additionally, he has authored several books and manuals about weightlifting and powerlifting.

## Luis Leite

Luis is a Brazilian-born World Para Powerlifting Educator, who has been involved in the sport for the past decade; as a Para powerlifting volunteer, a technical official and as an educator. With a biomechanics, physical education and sport marketing background, Luis worked for the Rio 2016 Organising Committee as the Weightlifting and Para Powerlifting Services Manager. He is deeply involved in Para powerlifting in Brazil through acting as a Technical Delegate and organiser for competitions throughout the country and supporting the interpretation and translation of the Rules to Portuguese. Luis is an experienced international technical official, having judged at many major Para powerlifting competitions, including the World Championships and World Cups. He is a Level 1 Certified Technical Official and speaks Portuguese and English.
## World Para Powerlifting Educators

### Shida Mat Shah

Shida is a Malaysia-born World Para Powerlifting Educator, who has been involved in the sport in various roles since first being introduced in 2009. Beginning as a competition volunteer, she fell in love with Para powerlifting and kept advancing within the sport: competition organiser, technical official and educator. With an event management background, Shida is regularly involved in organizing local and international Para sport competitions in Malaysia. She is also involved in overseeing the development of Para powerlifting in Malaysia as a Committee Member of the Malaysian Para Powerlifting Association. Shida is an experienced international technical official, having judged at several major Para powerlifting competitions, including Paralympic Games, World Championships, Regional Championships and Regional Games. She is a Level 1 Certified Technical Official and speaks Malay and English.

### Maria Milea

Maria is a Romanian-born World Para Powerlifting Educator, who has been involved in Para sport in various roles for over 30 years; as a coach, an administrator, a technical official and an educator. With a physical education and teaching background, Maria instructs students on the importance of staying active and exercising. She is deeply involved in the Paralympic Movement, having been a founding member of the National Paralympic Committee of Romania and acting as the Secretary General for over two decades, supporting the development and growth of various Para sports throughout the country. Additionally, she was the National Director of Special Olympics Romania for over a decade. Maria is an experienced international technical official, having judged at many major Para powerlifting competitions, including multiple Paralympic Games, World Championships, Regional Championships and Regional Games. She is a Level 1 Certified Technical Official and speaks Romanian, English and French.
World Para Powerlifting Educators

Jenny Ortiz Cardenas

Jenny is a Colombian-born World Para Powerlifting Educator, who has been involved in the sport for over 20 years; as a weightlifting athlete, a Para powerlifting coach, an international technical official, a competition organiser and volunteer, and as an educator. With a sport science and teaching background, Jenny instructs courses on strength and conditioning, weightlifting and Para powerlifting at universities in Bogotá, Colombia. She is deeply involved in Para powerlifting in Colombia, being elected as the Chair of the Technical Officials' Committee within the National Paralympic Committee and assisting in the organisation and delivery of competition throughout the Americas. Jenny is an international technical official, having judged at several major Para powerlifting competitions, including Paralympic Games, World Championships, Regional Championships and Regional Games. She is a Level 1 Certified Technical Official and speaks Spanish, English and Portuguese.

Colten Pearce

Colten is an American-born World Para Powerlifting Educator, who has been involved in strength sports for many years through coaching and instructing courses for various groups. With a background wrestling and playing American football and baseball, Colten discovered the benefits of strength training and is driven to share this. Colten is a recently retired law enforcement officer with experience competing internationally at the Police and Fire Olympics and delivering training programmes for first responders. He speaks English and Spanish.
Testimonials

“The Technical Official Course was a great opportunity to learn from an experienced expert, to develop a deeper understanding of the Technical Rules, and to practice applying them in engaging activities and discussions. I left feeling more confident in my role for the next competition!”

- Course Participant

“Participants in World Para Powerlifting Courses bring passion and enthusiasm to develop their skills and grow their knowledge about the sport. Through the course content, activities and resources, they are equipped to grow the sport and apply their expertise.”

- Course Educator

“Hosting World Para Powerlifting Courses ensures those involved in the sport in our country learn directly from the international federation and receive the most up to date and accurate information. The courses are a cost effective way for participants to receive instruction from qualified experts, gain experience, and allow them and the sport to develop throughout the country.”

- Course Host
Hosting a WPPO Course

To host a WPPO course, please submit the required form, available on the WPPO website, and submit it to Education@Paralympic.org.

The cost responsibilities of hosting a WPPO course are as follows:

- Meeting room and equipment requirement (Tablets and chair for participants, projector and screen, appropriate stationary supplies, internet connection and access to a Para powerlifting bench)
- Educator expenses (Return flight, ground transportation, visa, accommodations in 3-star hotel, meals and incidental costs)
- Educator honorarium fee of 600 EUR* (*Only if less than 7 participants; if more than 7 participants, WPPO covers this cost)
- Daily refreshments for course participants and Educator (Water, coffee, tea and light snacks)
- Candidate fee of 150 EUR per participant
- Interpreter service (If required)
- NPC Staff or volunteer to support the course needs and tasks
Raise the Bar with World Para Powerlifting!

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Info@WorldParaPowerlifting.org
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