

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

INTRODUCTION TO WEIGHT LIFTING

COURSE CODE:

N088

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Ilias Smilios	
POSITION	Lecturer	
SECTOR	Sports Training Theory and Application	
OFFICE	B 3-14	
TEL. / E-MAIL	25310-39713 & 39724	ismilios@phyed.duth.gr
CO-INSTRUCTORS	-	

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

--

SPECIALIZATION *(only for 3rd & 4th year courses)*

--

LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

The aim of the 'Introduction to Weight Lifting' course is to teach the students:

- the basics of the technique of the Snatch and the Clean and Jerk.
- the methodology of teaching the technique of the Snatch and the Clean and Jerk.
- how to design a weight lifting program for novice individuals and junior athletes.

COURSE CONTENTS (*outline – titles of lectures*)

- 1. Theory:** History of weight Lifting.
Practicum: - Teaching methods of weight lifting Olympic movements.
- Basic exercises in weight Lifting (squat, puss press).
- 2. Theory:** Body mass categories and pre-competition measurements of body mass in Weight Lifting.
Practicum: Learning of the Snatch.
- 3. Theory:** Technical errors at the Snatch and methods to correct them.
Practicum: Learning of the Snatch.
- 4. Theory:** Talent identification for Weight Lifting.
Practicum: Learning of the Snatch.
- 5. Theory:** Daily training program design for teaching the technique of the Snatch.
Practicum: Learning of the Snatch.
- 6. Theory:** How to organize a Weight Lifting competition – Technical rules.
Practicum: Learning of the Clean.
- 7. Theory:** Technical errors at the Clean and methods to correct them.
Practicum: - Daily training program design for teaching the technique of the Clean.
- Learning of the Clean.
- 8. Theory:** Tactics during a Weight Lifting competition.
Practicum: Learning of the Clean.
- 9. Theory:** Strength development in weight Lifting.
Practicum: Learning of the Jerk.
- 10. Θεωρητικό μέρος:** Technical errors at the Jerk and methods to correct them..
Practicum: - Daily training program design for teaching the technique of the Jerk.
- Learning of the Jerk.
- 11. Theory:** Training variables in weight Lifting
Practicum: Learning of the Clean & Jerk.
- 12. Theory:** Training principles in weight Lifting.
Practicum: - Weekly training program design for a novice athlete of Weight Lifting.
- Snatch, Clean and Jerk.
- 13. Theory:** Yearly training plan in Weight Lifting.
Practicum: - Weekly training program design for a junior athlete of Weight Lifting.
- Snatch, Clean and Jerk.

TEACHING METHOD (*lectures – labs – practice etc*)

- Lectures
- Practicum

ASSESSMENT METHOD(-S)

- Practical examination on the technique of the Snatch and the Clean & Jerk.
- Written exams.
- Written assignment

LEARNING OUTCOMES

Upon the completion of this course the student will:

- be able to demonstrate the technique of the Snatch and the Clean and Jerk.
- know the methodology of teaching the technique of the Snatch and the Clean and Jerk.
- know how to design a weight lifting program for novice individuals and junior athletes.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Demonstration of the technique of the Snatch and the Clean & Jerk.	Practicum	Final practical examination	20
Methodology of teaching the technique of the Snatch and the Clean and Jerk.	Lectures Practicum Written assignment	Final practical and written examination	20
Design of a weight lifting program for novice individuals and junior athletes.	Lectures Written assignment	Final written examination	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

SAROGLAKIS G. & ZARZAVATSIDIS D. (1997). *WEIGHT LIFTING*. CHRISTODOULIDIS EDITIONS, THESSALONIKI, GREECE.