COURSE OUTLINE TRAINING AND TEACHING WEIGHTLIFTING

1.GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C016	**SEMESTER**	3RD and 4TH
COURSE TITLE	TRAINING AND TEACHING WEIGHTLIFTING		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	Skill Development
PREREQUISITES:	None
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH FOR ERASMUS STUDENTS
COURSE OFFERED TO ERASMUS STUDENTS:	Yes
COURSE URL:	-

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successful completion of the course, students will be able to:

- *perform the basic weightlifting strengthening exercises.*
- *perform the competitive and weightlifting derivatives exercises*
- *organize the basic weightlifting training session.*
- *underastand the basic biomechanical and biological factors that influence weightlifting performance.*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,
ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
Project design and management
Equity and Inclusion
Respect for the natural environment
Sustainability
Demonstration of social, professional and moral responsibility and sensitivity to gender issues
Critical thinking
Promoting free, creative and inductive reasoning

- *Search, analysis and synthesis of data and information, using the necessary technologies*
- *Generation of new research ideas*
- *Promotion of free, creative and inductive thinking*

3. COURSE CONTENT

1. *Historical data and competition regulations of weightlifting.*
2. *The technique of squats and shoulder presses.*
3. *The technique of the clean and jerk movement.*
4. *The technique of the snatch movement.*
5. *The derivatives movements of the clean and jerk.*
6. *The derivatives movements of the snatch.*
7. *The biological basis of weightlifting performance.*
8. *Organization and theory of weightlifting training programs.*
9. *Introduction of the new athlete to weightlifting. Long-term performance development planning.*
10. *Laboratory course: Measurements of factors associated with weightlifting performance.*
11. *Complex exercises for the development of weightlifting performance.*
12. *Possible injuries and strengthening exercises.*
13. *Practice in snatch and clean and jerk.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	**Power point Slides** **Videos** **Eclass and webmail**
TEACHING ORGANIZATION *The ways and methods of teaching are described in detail.* *Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	
STUDENT EVALUATION *Description of the evaluation process* *Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam,* *Presentation in audience, Laboratory Report,* *Clinical examination of a patient, Artistic interpretation, Other/Others* *Please indicate all relevant information about the course assessment and how students are informed*	------

Activity	***Workload/semester***
lectures	26
Mid-term	15
Studding	31
Final exams	3
Total	**75**

5. SUGGESTED BIBLIOGRAPHY

1. *SAROGLAKIS G., ZARZAVATSIDIS D.(1997). WEIGHT LIFTING. CHRISTODOULIDES PUBLICATIONS, THESSALONIKI*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Zaras Nikolaos
Contact details:	nzaras@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Written remote exam (25%), practical exam (35%), final exam (40%)
Implementation Instructions:	Homework should be submitted via eclass on a specified date.