COURSE OUTLINE COACHING AND PRACTICE OF 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	C611	**SEMESTER**	5th
COURSE TITLE	COACHING AND PRACTICE OF 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**
	3	6
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*	BACKGROUND, GENERAL KNOWLEDGE, SCIENTIFIC AREA, SKILL DEVELOPMENT
PREREQUISITES:	YES - TRAINING AND TEACHING WEIGHTLIFTING
TEACHING & EXAMINATION LANGUAGE:	GREEK
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.

After successful completion of the course, participants will be able to:

- understand different methods and approaches for organizing and designing weightlifting training programs.
- be familiar with strategies and training methods for maximizing performance.
- know how to monitor and assess training load in weightlifting.
- be able to evaluate and assess performance in weightlifting.
- understand the biological factors that determine performance in weightlifting.

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, ICT Use
- Production of new research ideas
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

1. History of Training Theory. Fundamental Principles of Training Organization
2. Training Organization: Forms of Periodization
3. Peaking for Performance in Weightlifting (Tapering)

4. Strategies for Maximizing Performance
5. Monitoring Training Load in Weightlifting
6. Biological Basis of Performance in Weightlifting
7. Lab Session: Assessment of Biological Characteristics and Their Relation to Weightlifting Performance
8. Lab Session: Evaluation of Power Tests in the Laboratory and Gym. Link to Weightlifting Performance
9. Development of Physical Abilities in Weightlifting and Their Connection to Performance
10. The Role of Muscular Strength and Power in Weightlifting
11. Talent Identification and Introduction of New Athletes to Weightlifting
12. Weightlifting Exercises as Tools for Performance Enhancement in Individual and Team Sports
13. Overtraining – Methods of Prevention and Management.

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*	Use of ICT in Teaching and Communication with Students • Digital slides • Videos • E-class platform, webmail • Laboratory equipment
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.*	

Activity	***Workload/semester***
Lectures	39
Assignment	20
Midterm examination	30
Study and analysis of bibliography	58
Final examinations	3
Total	**150**

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*	Midterm examination: 25% Home assignment (mandatory): 25% Final written examination: 50%

5. SUGGESTED BIBLIOGRAPHY

1. Saroglakes G., Zarzavatsidis D. (1997). Weightlifting. Christodoulidis Publications, Thessaloniki (in Greek).

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:	Home assignment (25%). Written remote examination: Midterm (25%), Final (50%)
Implementation Instructions:	The home assignment must be submitted via eClass by the specified deadline, and both examinations will be conducted through the eClass platform.