COURSE OUTLINE TECHNICAL ANALYSIS 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	C612	**SEMESTER**	5th
COURSE TITLE	TECHNICAL ANALYSIS 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:

- Teach the fundamental competitive movements of weightlifting.
- Analyze the technique of weightlifting exercises.
- Identify the muscles activated and involved in weightlifting movements.
- Recognize technical errors and apply appropriate correction methods and techniques.

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

3. COURSE CONTENT

1. Historical background of weightlifting. Competition and training regulations. Organization of competitions.
2. Basic strength and power development exercises for weightlifting.
3. The Clean and Jerk movement: Technical analysis through biomechanical factors affecting the movement.
4. The Snatch movement: Technical analysis through biomechanical factors affecting the movement.

5. Teaching methods for the Clean and the Jerk. Methods for combining the two movements.
6. Teaching methods for the Snatch movement.
7. Laboratory session: Individual analysis of the barbell's kinematic characteristics through video recording and evaluation of bar path.
8. Assistance exercises in weightlifting: Power and hang clean. Clean from blocks.
9. Assistance movements in weightlifting: Power and hang snatch. Snatch from blocks.
10. Special strength exercises for weightlifting athletes.
11. Methods for identifying technical weaknesses in the Clean and Jerk and correction strategies.
12. Methods for identifying technical weaknesses in the Snatch and correction strategies.
13. Practical training in the exercises.

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, 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.*	

Activity	***Workload/semester***
Lectures	39
Midterm examination	20
Study and analysis of bibliography	58
Practical examination	30
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: 15% Home assignment (mandatory): 25% Final written examination: 60%

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:	Midterm exam (35%). Written exam (65%).
Implementation Instructions:	Both the midterm and final exams must be submitted via eClass on the specified date.