COURSE OUTLINE WEIGHTLIFTING EXERCISE TEACHING

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	C613	**SEMESTER**	**6th**
COURSE TITLE	WEIGHTLIFTING EXERCISE TEACHING		

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:	NO
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 basic competitive movements of weightlifting.*
- *analyze the technique of weightlifting exercises.*
- *know the muscles that are activated and participate in weightlifting movements*
- *recognize errors in technique and know ways and methods to correct them.*

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*
- *Production of new research ideas*

3. COURSE CONTENT

1. *Historical elements of weightlifting. Competition and training regulations. Organize a competition.*

2. *Basic exercises for developing strength and power for weightlifting.*
3. *The competitive movement of the clean and jerk: Technical analysis through biomechanical factors that affect the movement.*
4. *The competitive movement of the snatch: Technical analysis through biomechanical factors that affect the movement.*
5. *Methods of teaching the movement of the clean and the jerk. Methods of combining the two movements.*
6. *Methods of teaching the movement of the snatch.*
7. *Laboratory lesson: Individual analyses of the kinematic characteristics of the bar through filming and evaluation of the bar's trajectory.*
8. *Derivatives exercises in weightlifting. Dynamic and hanging clean. Box-clean.*
9. *Derivatives movements in weightlifting: Dynamic and hanging snatch. Box-snatch.*
10. *Special strengthening exercises for weightlifters.*
11. *Methods for identifying weaknesses in the clean and jerk technique and methods for correcting them.*
12. *Methods for identifying weaknesses in the snatch technique and methods for correcting them.*
13. *Practical practice 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*	Power point slides Video 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.*	
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*	Mid-term exam 15% Practical exam 25% Final exam 60%

Activity	***Workload/semester***
Lectures	39
Mid-term	20
Studding	58
Practical exam	30
Final exam	3
Total	**150**

5. SUGGESTED BIBLIOGRAPHY

1. ΣΑΡΟΓΛΑΚΗΣ Γ., ΖΑΡΖΑΒΑΤΣΙΔΗΣ Δ.(1997). ΑΡΣΗ ΒΑΡΩΝ. ΕΚΔ. ΧΡΙΣΤΟΔΟΥΛΙΔΗ, ΘΕΣ/ΝΙΚΗ.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	ZARAS NIKOLAOS
Contact details:	Email: nzaras@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Mid-term exam (35%). Final exam (65%)
Implementation Instructions:	Both mid-term and final exam will be submitted via e-class platform.