

COURSE OUTLINE APPLIED COACHING OF WEIGHTLIFTING

1. GENERAL

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| 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 | C614 | SEMESTER | 6 th |
| COURSE TITLE | APPLIED COACHING OF WEIGHTLIFTING | | |
| TEACHING ACTIVITIES <i>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.</i> | | TEACHING HOURS PER WEEK | ECTS CREDITS |
| | | 3 | 6 |
| <i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i> | | | |
| COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i> | 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

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| Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i> | |
| After successful completion of the course, participants will be able to: | |
| <ul style="list-style-type: none">• Analyze the demands of the sport of weightlifting.• Design training programs aimed at enhancing performance.• Correctly apply the principles governing the design of training programs.• Develop long-term and short-term training plans.• Implement different training methods according to training phases. | |
| General Skills <i>Name the desirable general skills upon successful completion of the module</i> | |
| <i>Search, analysis and synthesis of data and information, ICT Use</i> | <i>Project design and management</i> |
| <i>Adaptation to new situations</i> | <i>Equity and Inclusion</i> |
| <i>Decision making</i> | <i>Respect for the natural environment</i> |
| <i>Autonomous work</i> | <i>Sustainability</i> |
| <i>Teamwork</i> | <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> |
| <i>Working in an international environment</i> | <i>Critical thinking</i> |
| <i>Working in an interdisciplinary environment</i> | <i>Promoting free, creative and inductive reasoning</i> |
| <i>Production of new research ideas</i> | |
| <ul style="list-style-type: none">• Search, analysis and synthesis of data and information, ICT Use• Production of new research ideas• Promoting free, creative and inductive reasoning | |

3. COURSE CONTENT

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| <ol style="list-style-type: none"> Basic principles of designing training programs. Organization of space and training sessions. Analysis of the demands of the sport of weightlifting. Load factors in weightlifting. Adjustments in their application based on training goals. Setting long-term and short-term goals. Relationship between performance development and physical |
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abilities.

5. Warm-up in weightlifting.
6. Designing the training day. Order of exercises and the relationship between intensity and volume.
7. Designing a training microcycle. Order and repetition of exercises and training stimuli.
8. Designing and sizing a mesocycle. Types of mesocycles and application of training programs.
9. Designing an annual training cycle aimed at peaking performance for a target competition.
10. Designing a multi-year training plan for weightlifters.
11. Possible injuries in weightlifting and methods for their management.
12. Nutritional support for weightlifters and body mass control before competitions.
13. Coaching and preparation for competition using new technologies (velocity-based training).

4. LEARNING & TEACHING METHODS - EVALUATION

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| TEACHING METHOD <i>Face to face, Distance learning, etc.</i> | Face to face | |
| USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i> | Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> • Digital slides • Videos • E-class platform, webmail • Laboratory equipment | |
| TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>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.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i> | Activity | Workload/semester |
| | Lectures | 39 |
| | Assignment 1 | 10 |
| | Assignment 2 | 10 |
| | Assignment 3 | 20 |
| | Study and analysis of bibliography | 68 |
| | Final examinations | 3 |
| | Total | 150 |
| STUDENT EVALUATION <i>Description of the evaluation process</i> <i>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</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i> | Assignments (mandatory) 40% Written exam 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

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| Teacher (full name): | Zaras Nikolaos |
| Contact details: | nzaras@phyed.duth.gr |
| Supervisors: | YES |
| Evaluation methods: | Written assignments (distance) 40%. Written distance examination 60% |
| Implementation Instructions: | The home assignment must be submitted via eClass by the specified deadline, and both examinations will be conducted through the eClass platform. |