COURSE OUTLINE APPLIED SPECIALIZATION TEACHING IN 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	C615	**SEMESTER**	7th or 8th
COURSE TITLE	APPLIED SPECIALIZATION TEACHING IN 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*	SCIENTIFIC AREA, SKILL DEVELOPMENT
PREREQUISITES:	YES - TEACHING AND TRAINING 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:

- *apply in practice methods of teaching weightlifting exercise techniques.*
- *Identify technique errors and suggest methods and ways to correct them.*
- *implement immediate changes in training programs that enhance athletic performance*
- *be autonomous coaches and develop their critical thinking for the development of athletic performance in weightlifting.*
- *collaborate in small groups to solve training and theoretical problems.*

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*
- *Promoting free, creative and inductive reasoning*

3. COURSE CONTENT

1. *Teaching and practical application of exercises.*
2. *Designing programs for beginners.*
3. *Designing programs for advanced.*
4. *Group presentation of team-work.*
5. *Monitoring training and practicing at a weightlifting training center.*
6. *Monitoring training and practicing at a weightlifting training center.*
7. *Discussion with renowned weightlifting coaches in person or online.*
8. *Guiding resistance training to enhance weightlifting performance.*
9. *Guiding training with special exercises to enhance weightlifting performance.*
10. *Guiding training with derivative exercises to enhance weightlifting performance.*
11. *Guiding training with basic weightlifting exercises.*
12. *Competition organization.*
13. *Presentation of homework.*

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 MsTeams/ 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*	Field exercises 40% Final Exams 60%

Activity	***Workload/semester***
Lectures	39
Oral Presentation	20
Homework	20
Studding	58
Final Exam	3
Σύνολο Μαθήματος	**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: (1)	YES
Evaluation methods: (2)	Homework (25%), oral presentation via MsTeams (15%). Final exam (60%)
Implementation Instructions: (3)	Homework and final exam will be submitted via eclass.