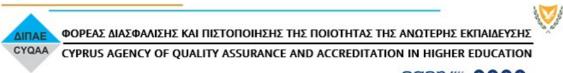
| eqar/// | 9 | N | n | 2 | |
|--------------------------|---|---|---|---|--|
| Company Guella Assurance | • | | | • | |

| Course title | Weightlifting | | | | | |
|-------------------------------|--|--|--|--|--|--|
| Course code | TRAN209 | | | | | |
| Course type | Lectures and practical exercises | | | | | |
| Level | Diploma | | | | | |
| Year / Semester | 2 nd Year / 3 rd Semester | | | | | |
| Teacher's name | Constantinou Andreas | | | | | |
| ECTS | Lectures / week 1 Laboratories / week 2 | | | | | |
| Course purpose and objectives | The main purpose of the course is to introduce students to weightlifting, giving them the opportunity to learn the necessary principles for proper training, as well as to learn the basic technique of lifting. | | | | | |
| Learning outcomes | Upon the completion of the course, the students are expected to: Knowledge Describe the methods for teaching weightlifting. Describe the basic principles for designing a training programme for beginners and young athletes. Recognise technical errors in the execution of weightlifting exercises. Describe the tactics and rules during a weightlifting competition. Skills Perform the basic technique of Arache, Epole and Zete. Indicate ways to correct technical errors during the execution of the exercises Competences Design training programmes aimed at all ages | | | | | |
| Prerequisites | Required | | | | | |
| Course content | Historical Review of Weightlifting Analysis and practice of Weightlifting technique Technical errors and ways to correct those Methods of teaching Weightlifting Development of muscle strength Training methods Basic principles of designing a Weightlifting training programme Preparation (initial-special-final) for all ages Tactics during a weightlifting competition | | | | | |





| | Technical regulations | | | |
|-------------------------|---|--|--|--|
| Teaching methodology | The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions. The practical part of the course is carried out in an accredited gym centre. | | | |
| Bibliography | Greek Bibliography Σαρογλάκης, Γ. και Ζαρζαβατζίδης, Δ. (2016). Άρση βαρών [Weightlifting], Αφοί Κυριακίδη Εκδόσεις Α.Ε., ISBN 978-960-602-047-6. English Bibliography Everett, G. (2016). Olympic Weightlifting: A Complete Guide for Athletes & Coaches, Catalyst Athletics, LLC, ISBN: 978-0990798545 | | | |
| Assessment | Attendance and class participation: 10% Intermediary practical exercise: 20% Final practical exercise: 40% Final written exercise: 30% | | | |
| Language | Greek or English | | | |