

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	6	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	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> 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. <p>Skills</p> <ol style="list-style-type: none"> Perform the basic technique of Arache, Epole and Zete. Indicate ways to correct technical errors during the execution of the exercises <p>Competences</p> <ol style="list-style-type: none"> Design training programmes aimed at all ages 				
Prerequisites		Required			
Course content	<ul style="list-style-type: none"> 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 				

	<ul style="list-style-type: none"> • 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	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Σαρογλάκης, Γ. και Ζαρζαβατζίδης, Δ. (2016). <i>Άρση βαρών [Weightlifting]</i>, Αφοί Κυριακίδη Εκδόσεις Α.Ε., ISBN 978-960-602-047-6. <p>English Bibliography</p> <ul style="list-style-type: none"> • Everett, G. (2016). <i>Olympic Weightlifting: A Complete Guide for Athletes & Coaches</i>, Catalyst Athletics, LLC, ISBN: 978-0990798545
Assessment	<ul style="list-style-type: none"> • Attendance and class participation: 10% • Intermediary practical exercise: 20% • Final practical exercise: 40% • Final written exercise: 30%
Language	Greek or English