**University of Soran/ College of Education**

**Faculty of Physical Education**

Weightlifting Course Book

**(2014-2015) Academic year**

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Module time: Monday from (8:30am to 2:30)

Module aim:

Identifying weightlifting basic principles, As well as teaching rules of the game and giving officiating elements to students, and application of rules in practical classes.

Module requirements:

1. Classroom
2. Training Hall ( weightlifting bars plus weight plates)
3. Projector to present how to perform skills and international weightlifting tournaments.

Student duties:

1. Revising books and resources.
2. Discussion about officiating elements.

**Evaluation of weightlifting class:**

**Theoretical**

**5 %**

**Practical**

**15 %**

**Theoretical**

**5 %**

**Practical**

**15 %**

**First semester**

**20 %**

**Second semester**

**20 %**

**Percentage**

**40 %**

**Final exam marks**

**Practical40% %20Theoretical**

**Module sources:**

1. **International Law 208-Translator by secretary of Arabic Union Mr. Jameel Hanna.**
2. **Theory and application of weightlifting by Dr. Wadeh Yassen.**
3. **A group of arabic and foreign source for specialists in weightlifting.**

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| --- | --- | --- |
| Practical materials | Theoretical materials | Week |
| general and specific preparation | History of weightlifting | 1 |
| Teaching specific weightlifting warm-up | Components of weightlifting module | 2 |
| Teaching students body bar exercises and its usefulness. | Explaining Olympic lifts | 3 |
| How to grab the bar and grab types | Teaching snatch lift | 4 |
| Practical application of various methods | Distance measure methods between grabs | 5 |
| Teaching starting position and first lift. | Teaching snatch lift stages | 6 |
| Teaching knee movements and second pull | Continuing teaching snatch lift | 7 |
| Landing under the bar and stand | Teaching final stages of snatch lift | 8 |
| Linking snatch stages and performing the lift by students | Total teaching of snatch lift | 9 |
| Training on snatch lift | Training on snatch lift | 10 |
| First semester practical exam | ---------------- | 11 |
| ----------------------------------- | Explaining platform measures, men and women bars, colors and plate weights | 12 |
| ------------------------------------- | Explaining grab types, methods of distance measurement and stages of snatch lift | 13 |
| Proceeding a training unit on snatch lift | Focus of performance and training | 14 |
| ----------------------- | Theoretical exam of first semester | 15 |

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| --- | --- | --- |
|  | Mid-term holiday |  |
| Teaching starting position and the first phase of the lift | Starting teaching the first phase of second Olympic lift (Clean) | 16 |
| Second stage, landing, standing and preparation for clean | The complement of the first phase | 17 |
| Teaching first phase of clean and preforming the lift | Linking all stages of the first phase | 18 |
| Standing, preparation for jerk, knee bending and bar push. | Teaching second phase (jerk) | 19 |
| Leg movements and standing underneath the bar to complete the lift | Complement of jerk | 20 |
| Teaching complete lift | Teaching both phases (clean & jerk) | 21 |
| Training of lift phases | Training on the lift with explanation | 22 |
| Training students on the lift and evaluate mistakes by tutor | Explanation law aspects of the lift and mistake evaluation | 23 |
| Second semester practical exam | ---------------------------- | 24 |
| ------------------ | Officiating rules, number of referees and athletes clothes….. | 25 |
| ---------------------- | Explaining both phases (clean & jerk) | 26 |
| Pull and total lift training | Clean & jerk training | 27 |
| -------------------- | Second semester theoretical exam | 28 |
| Training on both lifts in common | Snatch and clean & jerk training | 29 |
| ----------------------- | Explanation of score sheet, presenting and understanding students how to fill the sheet | 30 |
| Training to strengthening the students and achievement. | Proceeding training on both lifts to obtain achievement. | 31 |
| Training and evaluation of both lifts in physical and law aspects. | Second semester marks | 32 |

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