

NAME OF THE COURSE	Olympic weightlifting in strength and conditioning					
Code		Year of study	1 <sup>st</sup> graduate			
Course teacher	Ivan Perasović, mag. cin.	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	FE
			10	10	40	0
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	Course will give the students basic theoretical knowledge and practical skills related to Olympic weightlifting technique, to incorporate weightlifting exercise into athletes' conditioning plan and program. It will prepare the students for the performance and implementation of basic techniques and related exercises used in strength and conditioning.					
Course enrolment requirements and entry competences required for the course	None					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>At the completion of this course, students will be able to do the following:</p> <ul style="list-style-type: none"> <li>- to explain Olympic weightlifting basic principles</li> <li>- to describe snatch, and clean and jerk technique and related additional exercise</li> <li>- to present proper snatch, and clean and jerk technique performance</li> <li>- to plan and program conditioning through Olympic weightlifting exercises</li> </ul>					
Course content broken down in detail by weekly class schedule (syllabus)	<b>Lectures</b>		<b>Teacher</b>			
	Theoretical and scientific basis for Olympic weightlifting training (2 hours)		Ivan Perasović, lecturer			
	Snatch – biomechanical analysis, technique and training (2 hours)		Ivan Perasović, lecturer			
	Clean and jerk – biomechanical analysis, technique and training (2 hours)		Ivan Perasović, lecturer			
	Planning and programing Olympic weightlifting training (2 hours)		Ivan Perasović, lecturer			
	Weightlifting in different sports' conditioning (2 hours)		Ivan Perasović, lecturer			
	<b>Seminars</b>		<b>Teacher</b>			
	Snatch, and clean and jerk biomechanical analysis		Ivan Perasović, lecturer			
	Body position and muscular activity while performing Olympic weightlifting technique (2 hours)		Ivan Perasović, lecturer			
	Snatch technique teaching methodology (3 hours)		Ivan Perasović, lecturer			
	Clean and jerk technique teaching methodology (3 hours)		Ivan Perasović, lecturer			
	<b>Exercises</b>		<b>Teacher</b>			
	Basic Olympic weightlifting techniques presentation and analysis (2 hours)		Ivan Perasović, lecturer			
	Evaluating athletes' condition for Olympic weightlifting training (2 hours)		Ivan Perasović, lecturer			
	Training preparation – specific stability and mobility exercises (2 hours)		Ivan Perasović, lecturer			
	Snatch technique teaching methodology (4 hours)		Ivan Perasović, lecturer			
	Clean technique teaching methodology (4 hours)		Ivan Perasović, lecturer			

	Jerk technique teaching methodology (2 hours)	Ivan Perasović, lecturer				
	Analysis of mistakes made in snatch technique (1 hour)	Ivan Perasović, lecturer				
	Analysis of mistakes made in clean and jerk technique (1 hour)	Ivan Perasović, lecturer				
	Applying Olympic weightlifting within an integral conditioning for ball games (5 hours)	Ivan Perasović, lecturer				
	Applying Olympic weightlifting within an integral conditioning for martial arts (2 hours)	Ivan Perasović, lecturer				
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities						
Screening student work ( <i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i> )	Class attendance	1	Research	0	Practical training	0
	Experimental work	0	Report	0	Practical exam	1
	Essay	0	Seminar essay	0.5	(Other)	
	Tests	0	Oral exam	0	(Other)	
	Written exam	0.5	Project	0	(Other)	
Grading and evaluating student work in class and at the final exam	Final course mark is determined pursuant to the points acquired via: <input type="checkbox"/> Final practical exam <input type="checkbox"/> Final written exam  <b>Practical exam</b> After having attended teaching sessions, the students have to present acquired Olympic weightlifting techniques as well as methodological order of exercises which are necessary for acquiring certain technique.  <b>Written exam</b> Written part of the exam can be taken during regular examination period once the semester is finalized and provided that the practical exam has been passed.					
Required literature (available in the library or via other media sources)	<b>Title</b>		<b>Number of copies in the library</b>	<b>Availability via other media</b>		
	1. Everett, G. (2009). Olympic weightlifting: A complete guide for athletes & coaches. Sunnyvale: Catalyst Athletics.		0			
	2. Drechsler, A. J. (1998). The weightlifting encyclopaedia: a guide to world class performance. A is A communications.		0			
	3. Urso, A. (2014). Weightlifting: sport for all sports. Calzetti-Mariucci.		0			
Optional literature (at the time of submission of study programme proposal)	1. Jukić, I., & Marković, G. (2005). Kondicijske vježbe s utezima. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu. 2. Pearl, B., & Morgan, G. T. (2009). Trening s utezima. Zagreb: Gopal naklada.					

Quality assurance methods that ensure the acquisition of exit competences	Internal (questionnaire for students) and external teaching quality evaluation.
Other (as the proposer wishes to add)	