

COURSE TITLE		OLYMPIC WEIGHTLIFTING IN STRENGTH AND CONDITIONING				
Code		Year of study	3.			
Course holder/s	Ivan Perasović, teacher	Points value (ECTS)	3			
Associates		Teaching method (number of lessons in a semester)	C	S	E	TOT
			10	10	25	45
Course status	Elective course	E-learning percentage				
COURSE DESCRIPTION						
Course goals	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 conditions and competences which are needed to join the course	None					
Expected learning outcomes at the course level (4-10 course outcomes)	<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>• Planning and programming conditioning through Olympic weightlifting exercises.</li></ul>					
Detailed description of the course content in accordance with the number of teaching sessions	Teaching sessions (lectures)		Implemented by			
	Theoretical and scientific basis for Olympic weightlifting training (2 lessons).		Ivan Perasović, lecturer			
	Snatch – biomechanical analysis, technique and training (2 lessons).		Ivan Perasović, lecturer			
	Clean and jerk – biomechanical analysis, technique and training (2 lessons).		Ivan Perasović, lecturer			
	Planning and programing Olympic weightlifting training (2 lessons).		Ivan Perasović, lecturer			
	Weightlifting in different sports' conditioning (2 lessons).		Ivan Perasović, lecturer			
	Teaching sessions (seminars)		Implemented by			
	Snatch, and clean and jerk biomechanical analysis.		Ivan Perasović, lecturer			
	Body position and muscular activity while performing Olympic weightlifting technique (2 lessons).		Ivan Perasović, lecturer			
	Snatch technique teaching methodology (3 lessons).		Ivan Perasović, lecturer			
	Clean and jerk technique teaching methodology (3 lessons).		Ivan Perasović, lecturer			
	Teaching sessions (practice)		Implemented by			
	Basic Olympic weightlifting techniques presentation and analysis (2 lessons).		Ivan Perasović, lecturer			
	Evaluating athletes' condition for Olympic weightlifting training (2 lessons).		Ivan Perasović, lecturer			
	Training preparation – specific stability and mobility exercises (2 lessons).		Ivan Perasović, lecturer			

	Snatch technique teaching methodology (4 lessons).			Ivan Perasović, lecturer		
	Clean technique teaching methodology (4 lessons).			Ivan Perasović, lecturer		
	Jerk technique teaching methodology (2 lessons).			Ivan Perasović, lecturer		
	Analysis of mistakes made in snatch technique (1 lesson).			Ivan Perasović, lecturer		
	Analysis of mistakes made in clean and jerk technique (1 lesson).			Ivan Perasović, lecturer		
	Applying Olympic weightlifting within an integral conditioning for ball games (5 lessons).			Ivan Perasović, lecturer		
	Applying Olympic weightlifting within an integral conditioning for martial arts (2 lessons).			Ivan Perasović, lecturer		
Teaching methods:	x lectures x seminars x exercise <input type="checkbox"/> completely <i>on line</i> <input type="checkbox"/> mixed e-learning <input type="checkbox"/> field work			<input type="checkbox"/> independent tasks <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> mentorship <input type="checkbox"/> (please enter if necessary)		
Students' obligations	Participation in teaching, seminars, practice, tests and exams.					
Students' work monitoring (to enter ECTS points for each activity in a manner that the total ECTS points sum corresponds to the course number of points):	Classes attendance	1,0	Research	0	Practical work	0
	Experiments	0	Report	0	Practical exam	1,0
	Essays	0	Seminar paper	0,5	Other	0
	Preliminary exams	0	Oral examination	0	Other	0
	Written exams	0,5	Project	0	Other	0
Grading and evaluating students' work during the course and at the final exam	Final course mark is determined pursuant to the points acquired via:  → <b>Final practical exam</b> → <b>Final written exam</b>  <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)	Title			Number of copies in the library	Availability via other sources
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			0			

	communications.		
	3. Urso, A. (2014). Weightlifting: sport for all sports. Calzetti-Mariucci.	0	
Additional literature	4. Jukić, I., & Marković, G. (2005). Kondicijske vježbe s utezima. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu. 5. Pearl, B., & Morgan, G. T. (2009). Trening s utezima. Zagreb: Gopal naklada.		
Quality monitoring methods ensuring the acquisition of the defined learning outcomes	Internal (questionnaire for students) and external teaching quality evaluation.		
Other (in accordance with the proposer's opinion)			