

COURSE OUTLINE WEIGHTLIFTING

FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

Course: Weightlifting PKIN 0465

Instructor: Adam Douglas, CSCS, CSEP CEP
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Office: 015 Tait McKenzie Centre (Varsity Strength Room)

Class Time: Tuesday and Thursday 8:30-9:30, 9:30am – 10:30am

Location: Varsity Strength Room, Tait McKenzie Centre

Course Description

The focus of this course is to become familiar with weightlifting methods used to improve athletic performance. Students will be exposed to different types of high-performance training methods implemented by strength and conditioning coaches.

Course Objectives

1. To be able to proficiently demonstrate and teach basic weightlifting methods centered on movement patterns – push, pull, rotation.
2. Have a basic understanding of the teaching and demonstrating of the main Olympic Lifts (clean, snatch) as well as understand the progressions to these lifts.
3. Have the proficiency to identify and properly cue all the movements demonstrated in a safe and proper manner.

Dress

Appropriate activity clothing for Physical Participation – clean shoes, t-shirt, shorts or pants.

Evaluation

Attendance	20%
Technical Evaluation	40%
	<ul style="list-style-type: none">• Students will be asked to demonstrate several exercises with correct technique
In-class Teaching Demonstration	20%
	<ul style="list-style-type: none">• Students will be asked to teach another student an exercise and to demonstrate which teaching cues to use to overcome technique problems
Written Test	20%

Attendance is MANDATORY. Missing more than 3 classes without a valid reason will lead to dismissal from the course.

Grading, Assignments Submission, Lateness Penalties and Missed Tests

Grading: (A B C F)

Students may be marked on a (pass/fail) basis. Students have to select this option in the first two weeks of the course.

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/calendars/2010-2011/policies/index.htm>)

Missed Tests or Missed Classes and Lateness Penalty

Students with a documented reason for missing a course test, such as illness, compassionate grounds etc, which is confirmed by supporting documentation (e.g. doctor's letter), may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

Important Course information for Students

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic standards webpage (see Reports, Initiatives, Documents) – http://yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning, and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

Class Schedule

SESSION	1 –	Introduction to Course
	2 –	Intro to Ground-based Strength Training
	3 –	Dynamic Warm-Up
	4 –	Torso
	5 –	Vertical Push / Pull
	6 –	Horizontal Push / Pull
	7 –	Lower body Hip Dominant (DBL/SL)
	8 –	Lower body Quad Dominant (DBL/SL)
	9 –	Olympic Lifting (1) – Hang Clean Technique
	10 –	Olympic Lifting (2) – Hang Clean
	11 –	Olympic Lifting (3) – Power Clean
	12 –	Olympic Lifting (4) – Hang Snatch Technique
	13 –	Olympic Lifting (4) – Hang Snatch
	14 –	Olympic Lifting (4) – Hang Snatch
	15 –	Training/Practice
	16 –	Training/Practice
	17 –	Training/Practice
	18 –	Training/Practice
	19 –	Training/Practice
	20 –	Technical Evaluation
	21 –	Technical Evaluation
	22 –	Technical Evaluation
	23 –	Written Test