

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 25 - Olympic Weightlifting

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of competitive Olympic Weightlifting. Proper technique and timing will be emphasized for two competitive lifts/events, the Clean and Jerk and the Snatch. Integrating the Olympic Lifts and their variations into fitness and sport specific training protocols will be a primary focus of the course.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. identify and properly perform the skills of the Clean and Jerk and the Snatch.
- B. define competition rules and describe how a successful lifting meet should be conducted.
- C. demonstrate proper spotting techniques.
- D. demonstrate improvement in muscle strength, endurance, cardiorespiratory endurance and flexibility.
- E. list safety equipment required for participation in Olympic Weightlifting.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction	1.00
2. Addressing the Bar	1.00
3. The Deadlift	1.00
4. The Romanian Deadlift	1.00
5. The High Pull	1.00
6. Hang Cleans	1.00
7. Power Cleans	1.00
8. Push Press	1.00
9. Push Jerk	1.00
10. Snatch Balance	1.00
11. Behind Neck Press	1.00
12. Hang Snatch	1.00
13. Power Snatch	1.00
14. Rules of Competition	2.00
15. Periodization Concepts and Applications	2.00
Total Hours	17.00

<u>Topics</u>	<u>Hours</u>
1. Addressing the Bar	2.00
2. The Deadlift	3.00
3. The Romanian Deadlift	2.00
4. The High Pull	3.00
5. Hang Cleans	2.00
6. Power Cleans	4.00
7. Push Press	2.00
8. Push Jerk	3.00
9. Behind Neck Press	2.00
10. Snatch Balance	2.00
11. Hang Snatch	2.00
12. Power Snatch	4.00
13. Rules of Competition	2.00
14. Periodization Concepts and Applications	1.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Reading Assignments
- G. Multimedia Presentations
- H. Drills/ Practical

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an internet article describing proper spotting techniques used in Olympic Weightlifting. Plan to demonstrate with a partner in class.
 - 2. Research competition rules and the components needed to run a successful weightlifting meet. Be prepared to discuss in small groups.
- B. Writing Assignments
 - 1. Write an essay describing the skills needed for the Clean and Jerk and the Snatch lifts.
 - 2. List and describe the safety equipment required for participation in Olympic Weightlifting.
- C. Out-of-Class Assignments

1. Create a three week, progressive workout program. Your weightlifting program should contain base exercises to benefit your Olympic techniques.
2. Design a mock program for an Olympic Weightlifting event. Be sure to address the two primary lifts and weight classes in your program schedule.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. Handouts and readings will be provided by the instructor. Students are required to wear appropriate gym attire (i.e.; athletic shorts, shirts, and shoes)

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