

Course Description Form

1. Course Name	
Weightlifting Stage 1	
2. Course Code	
SEGI25F1111	
3. Semester/Year	
2024-2025	
4. Date of preparation of this description	
3/6/2025	
5. Available Attendance Forms	
practical	
6. Number of credit hours (total) / number of units (total)	
2 hours per week / 2 units	
7. Course administrator's name (if more than one name is mentioned)	
<div style="display: flex; justify-content: space-between; padding: 5px;"> Prof. Dr. Laith Ismail Sabry Prof. Dr. Omar Samir Dhnoon Assistant Lecturer Amjad Hatem </div>	
8. Course Objectives	
Course Objectives	<p>A- Cognitive Objectives</p> <p>A1- By the end of the course, students should be able to define the snatch and clean and jerk lifts.</p> <p>A2- By the end of the course, students should be able to understand the rules, regulations, and requirements of the game.</p> <p>A3- By the end of the course, students should be able to develop physical attributes, enhance motor skills, and mental abilities, which enhance concentration and develop thinking and observation skills.</p> <p>A4- By the end of the course, students should be able to draw the movement sequences for the lift.</p> <p>B- Course Skill Objectives</p> <p>B1- By the end of the course, students should be able to perform the snatch lift sequence.</p> <p>B2- By the end of the course, students should be able to perform the auxiliary exercises for the snatch lift.</p> <p>B3- By the end of the course, students should be able to perform the snatch lift sequence.</p> <p>B4- By the end of the course, students should be able to perform the auxiliary exercises for the clean and jerk lift.</p> <p>C- Affective and Value-Based Objectives</p> <p>C1- The curriculum should foster a spirit of challenge.</p> <p>C2- The curriculum should foster a spirit of courage.</p> <p>C3- The curriculum should foster self-confidence.</p> <p>C4- The curriculum should foster a spirit of altruism.</p>

	D– General and Transferable Skills (other skills related to employability and personal development): D1– Safety and Security Skills D2– Assistance Skills D3– First Aid D4– Injury Rehabilitation
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9. Teaching and learning strategies

Strategy	Teaching Methods;	Learning Methods:
	1– Lecture Method	1– Partial Method
	2– Advanced Lecture Method	2– Holistic Method
	3– Blended Learning Method	3– Trial and Error Method
	4– E–Learning Method	4– Learning to Empower Method

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group evaluation	Lecture	theoretical	Historical overview, introduction to the subject of weights.	2 hours	1
Group evaluation	Lecture	Teaching and applying the first part of the lift, which is the sitting and standing position.	Explanation of lifting the snatch	2 hours	2
Group evaluation	Lecture	Teaching and applying the second part of the lift, which is the process of pulling the arms up and then sitting and standing up.	Weight categories and player age explained	2 hours	3
Individual assessment	Lecture	Connect the first part with the second and perform the entire movement without weight.	General rules for all lifts, incorrect movements and positions for all lifts	2 hours	4

Group evaluation	Advanced Lecture	Provides exercises to help develop the shoulder and leg muscles.	Equipment and documents used	2 hours	5
Group evaluation	Advanced Lecture	Perform the entire movement in slow motion with the lips.	Wooden board for competitions	2 hours	6
Group evaluation	Advanced Lecture	Perform the entire movement quickly with the lip.	Electronic arbitration device	2 hours	7
First theoretical exam				2 hours	8
Individual assessment	Advanced Lecture	Give exercises to help develop back muscles.	Responsibilities of referees	2 hours	9
Individual assessment	Blended learning	Perform the full lift and correct errors.	Explain the operation of the scale, stopwatch, scoreboard, and record board.	2 hours	10
Individual assessment	Advanced Lecture	Repeat the lift and weight progression	Warm-up location explained	2 hours	11
Group evaluation	Advanced Lecture	Students experience the practical exam atmosphere, correcting mistakes and benefiting from them before the actual exam.	Official forms used in competitions	2 hours	12
Group evaluation	Blended learning	Give feedback on the progress with practical exam instructions.	Explanation of players' clothing, bandages and plaster	2 hours	13
Second theoretical exam + students' weight on the scale				2 hours	14
Practical + theoretical exam				2 hours	15
Mid-year holiday					
	Lecture	Teaching and applying the first part of the lift, which is the sitting and standing position.	Explanation of raising the net	2 hours	16
Group evaluation	Advanced Lecture	Teaching and applying the second part of the lift, which is the jark process.	Competitions explained	2 hours	17
Group evaluation	Advanced	Connect the first part with the	Explanation of the application	2 hours	18

	Lecture	second and perform the entire movement without weights.	process and the competition process		
Group evaluation	Advanced Lecture	Provides exercises to help develop the shoulder and leg muscles.	Explain the calling process, and the order of competitors and teams.	2 hours	19
Group evaluation	Advanced Lecture	Perform the entire movement in slow motion with the lips.	Explanation of the duties of the Jouri Committee	2 hours	20
Individual assessment	Advanced Lecture	Perform the entire movement quickly with the lip.	Explanation of the duties of the competition secretary and technical supervisor	2 hours	21
First theoretical exam				2 hours	22
Individual assessment	Blended learning	Give exercises to help develop back muscles.	Explanation of the categories of rulers	2 hours	23
Individual Assessment	Blended learning	Perform the full lift with a light weight and correct errors.	Explanation of referees in world championships	2 hours	24
Individual Assessment	Blended learning	Repeat the lift with weights gradually.	Explanation of the promotion of judges	2 hours	25
Individual Assessment	Blended learning	Students experience the practical exam atmosphere, correcting mistakes and benefiting from them before the actual exam.	Explanation of the duties of the timekeeper	2 hours	26
Individual Assessment	Blended learning	Give feedback on the progress with practical exam instructions.	Main Marshal Explained	2 hours	27
Self-assessment		Weighing students on the scale	Explanation of the duties of doctors working in competitions	2 hours	28
Second theoretical exam				2 hours	29
Second Semester Practical Exam				2 hours	30
Teaching and applying the first part of the lift, which is the sitting and standing positions.					

11. Course Evaluation

The grade is distributed as follows:

1. The first semester exam is worth 25% of the grade and is divided into 10% theoretical and 15% practical.
2. The second semester exam is worth 25% of the grade and is divided into 10% theoretical and 15% practical.
3. The final practical exam is worth 30% of the grade and the final theoretical exam is worth 20% of the grade. Total: 50%
4. The final total: 100%

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Weightlifting for first-year students
Key references (sources)	- A booklet of theoretical materials on weightlifting law, theory and application
Recommended supporting books and references (scientific journals, reports...)	- International Law and Regulations (Jamil Hanna)
Electronic references, websites	

Name and signature of the course holder :

Prof. Dr. Laith Ismail Sabry

Prof. Dr. Omar Samir Dhnoon

Dr. Mohammed Qaedar Mohammed Salih

Assistant Lecturer Amjad Hatem Ahmed



Name and signature of the head of the department or branch :

Professor Dr. Omar Samir Dhnoon