

Weight lifting

The Objectives: - Educational - Educational – Developmental

Practical lessons focus on learning and teaching regular lifts in the weightlifting game and raising the student's physical ability to help him perform correctly, as well as applying some of what is given to the student in theoretical lessons.

Subject vocabulary

A historical overview of the sport of weightlifting in the world and Iraq

Introduction to weightlifting

Establishing the World, Arab and Iraqi Weightlifting Federation

Development of weightlifting competition systems (in terms of lifts and weight category divisions)

Types of grips and grips for the barbell and how to measure them in lifting weight

Stages of technical performance of the net lift

Physical qualities that a lifter must possess

Power, its definition, types, factors affecting it, and methods of developing it

Speed, its definition, types, factors affecting it, and ways to develop it

Endurance and flexibility, their types and ways to develop them

Models for muscle building in weightlifting

Some common terms in weightlifting

Kinetic infiltration to raise the nitrate

Common mistakes in deadlift lessons and corrective exercises for them

Factors affecting the success of the lift

Regular exercises

Semi-regular exercises

Stages of technical performance of the snatch lift

Kinetic infiltration of the snatch lift

Common mistakes in snatch lessons and corrective exercises

Factors affecting elevation

An overview of the weightlifting law and its most important articles

Technical or legal errors in regulatory filings and the resulting penalties

Weight categories for weightlifting, equipment and clothes for the weight lifters, and an overview of the referees, their numbers and equipment

Measurements, weights and colors of weightlifting equipment (discs, barbell, platform and lifting drum)

Tournaments system, types, and how to manage them

Testing and measuring the effectiveness of weightlifting

Planning and technical preparation of weightlifting event players

Psychological preparation in weightlifting

Regulating balance in weightlifting and working with cubs