

Weightlifting Foundations

improve strength, flexibility, speed, power and coordination with Snatch and Clean and Jerk.

Description

The Weightlifting Foundations course is for sports, exercise, fitness professionals and athletes to learn the fundamentals of the two Olympic lifts – the snatch, and the clean and jerk. You will learn how to perform the main movements and its variations in a safe and progressive manner. With a big focus on practical drills, the course will provide you with a hands-on approach to familiarise yourself with the Olympic lifts. You'll also understand the benefits of utilising the lifts in you and your client's training programme to improve strength, flexibility, speed, power and coordination. This course will act as a stepping stone to improve your client's performance at any level, in any sport!

Course Outline

- Key concepts of Weightlifting (1 hour)
 - Safety and equipment
 - Preparation, Warm ups, Flexibility
 - Movement tempo
 - Establish Balance and Support
 - Developing explosive power
- Performance of the main lifts –Snatch, Clean, Jerk (5 hours)
 - Key positions
 - Movement breakdown
 - Practical Drills
 - Variations
- Application/programming (1 hour)

Course Provider

Fitness Edutraining Asia – FEA

CEC Points

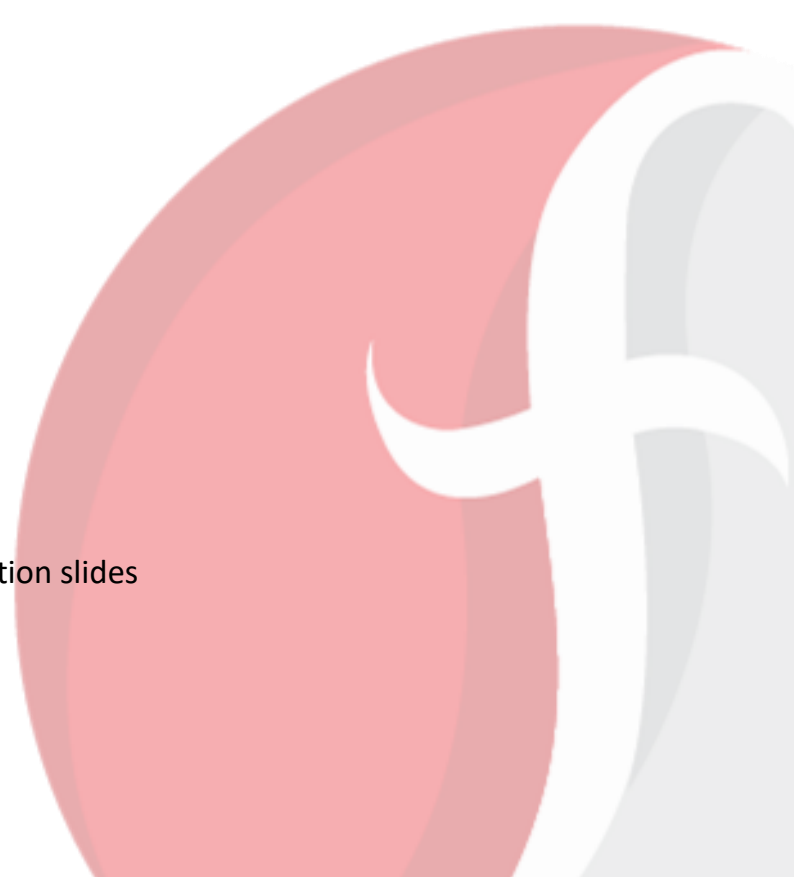
ACE 0.6 CECs

Course Duration

6 hours (1 day)

Learning Materials

Handouts, course manual and/or presentation slides



Course Level

This course is designed for fitness professionals or fitness enthusiasts with existing resistance training experience who wish to learn how to incorporate Olympic Weightlifting for clients or themselves with performance goal. Basic fitness instructing/personal training certification is recommended. You will need to be able to perform barbell squats, lunges, deadlift, bent-over rows, and shoulder press under good control.

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

Recertification

N/A

Dress Code

Fitness attire

What Do I Need To Bring/Prepare?

Stationery and a spare change of clothes

Course Capacity

A minimum of 12 pax and a maximum of 20 pax (or depending on the SOP)

Language

English

Information displayed above is correct during time of publishing and may subject to change without prior notice