

SYLLABUS FOR THE POST OF COACH GRADE IV FOR THE SPORTS DISCIPLINE OF WEIGHTLIFTING

PART I

Modules	Topics	Contents	Module outcomes/competencies of a coach
1- Domain Knowledge	Chronology of development of concerned sport discipline	1. Chronology of Olympics <ul style="list-style-type: none"> - Ancient and Modern Olympic games 2. Chronology of non-Olympics events: national and world level <ul style="list-style-type: none"> - World weightlifting - Asian and Commonwealth Games - Indian National games and National Championships - Historical information about Top Indian Weightlifters along with national awards 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to better invent and understand current performance structure of concerned sport discipline - Will be able to work effectively with different sport/game agencies - Will be able to interpret International rules and impact thereof on training - Understand the Technical competition rules and regulation of IWF
	Different agencies of sports-eco-system and role thereof	IOA, IWF, SAI, NIS IOC, IWLF	
	International rules/laws of concerned sport discipline	<ul style="list-style-type: none"> - IWF TCRR - Field of Plays - Competitions organized and its management - Refereeing/official body - Rules of powerlifting - Rules of bodybuilding - Para Olympic 	



2- Profiles of elites	Different profiles of an elite Weightlifter	Requisite of weightlifter <ul style="list-style-type: none"> - Genetic/talent profile - Anthropometrical/bodily profile - Techno-tactical profile - Bio-motors/physiological /fitness profile 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to clearly identify the performance factors of the Concerned sport discipline - Will be able to help the attendees to understand the required qualities for a weightlifter.
		<ul style="list-style-type: none"> - Affective/emotional/psychological profile- Cognitive profile 	
3- Skill/technique acquisition	Warm-up	<ul style="list-style-type: none"> - Meaning - Types - Importance of warm-up - Structure, principles and mechanism of warm-up - General warmup, specific and special/competition. 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to help their athletes adapt to a warm-up set - Will help their players develop an individual technique/combination of techniques - Will be able to apply the special and competition warmup pattern effectively



	<p>Technique/skill and teaching of classical lifts</p>	<p>Meaning, stages/progression and classification of techniques/skills</p> <p>(a) Fundamental knowledge about the stages, phase, and elements of two hand snatch and two hands clean & jerk.</p> <p>(b) Technique stages of Olympic classical lifts.</p> <p>(c) Faults, causes and necessary correction of Olympic classical lifts till technical mastery</p> <p>(d) Fundamental knowledge of the technique of Squat, bench press, and dead lift</p> <p>Preparation and conducting of technique and coaching lesson plan.</p> <p>(a) Teaching aids and coaching aids for Weightlifting training</p> <p>(b) Methods of teaching and coaching weightlifter trainee (class organisation, class control and class management)</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to understand the rational technique - Will be able to identify the faults and correct the faults effectively
		<p>(c) Teaching lesson plan (Introductory, Main& concluding).</p> <p>(d) Coaching lesson plan (Introductory, Main& concluding).</p>	



4- Physical/bio-motors	Specific conditioning/fitness	Development of motor abilities <ul style="list-style-type: none"> - Strength – maximum strength - Speed – strength speed and speed strength - Endurance – Aerobic and anaerobic and development of max strength endurance through training - Flexibility - Coordination 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to help their athletes develop their Fitness - Will be able to understand the important factor which helps in improving the performance.
5- Sport talent	Talent identification and selection	Defining the talent in Weightlifting Test and selection of weightlifter for high performance	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to select talented athletes in concerned sport discipline
6- Sports Planning	Different basis of planning and types thereof	a) Creating the training plan with essence. (b) short term and long term plan (training session ,day, week, month, by month, quarterly, half yearly, yearly, Olympic cycle) (C) Periodization of weightlifting training (single, double and multiple) (d) Periodization of weightlifters for main competition and perform their best.	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to make an effective plan for different time period - Will be able to make and review plan for different age group athletes - Will be able to make a plan for LTAD - Effectively plan for the development of bio motor abilities along with development of performance.
7- Coaching dynamics		Contents will be added by Expert	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to define their role as coach - Will be able to develop and display a positive and athlete centric coaching philosophy



8- Professional Development		Contents will be added by Experts	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to display presentation skills - Will be able to manage coaching program effectively (managerial skills)
9- Sports sciences (Strength and conditioning, Kinesiology- biomechanics, sports medicine, sports anthropometry, sports physiology, sports nutrition, sports bio-chemistry, sports psychology)		Subject wise topics/contents will be added by Sports Scientists	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to apply scientific principles while coaching their athletes



PART II

Modules	Topics	Contents	Module outcomes/competencies
1- Sports Teaching/ pedagogy	Lesson plan	<ul style="list-style-type: none"> - Structure of lesson plan: into, main, concluding, objectives etc. - Practice of lesson plan - Teaching of recreational, minor lead- up games. <p>Warming up exercises and weightlifting training</p> <ul style="list-style-type: none"> (a) General warming up. (b) Specific warming up. (c) Competition warming up. (d) Cooling down exercises. 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to teach different techniques to their athletes - Will be able help their athletes learn and utilize tactical aspect of concerned sport discipline - will be able learn the fundamental movement of weightlifting
	Techniques/skills	Different Techniques/skills in Weightlifting <ul style="list-style-type: none"> - Technique of snatch and clean and jerk - Teaching stages - Dynamic starts Learning fundamental movements with proper posture. <ul style="list-style-type: none"> (a) Walking, (b) jogging & Running (c) Jumping (d) Squatting (e) Pulling & Pushing movements with and without bar bell set. 	



	Tactics/techno-tactical/ systems of play/team tactics	Different Tactics/techno- tactical/ systems of play/team tactics in Weightlifting <ul style="list-style-type: none"> - Tactics applied in competition - Preparation of lifters for tactics 	
2- Sports Training	Technique/skill training	Hands-on experience of different training methods of techniques/ skill/tactical training through modelling Fundamental, Semi- classical, Additional & Supplementary exercises of weightlifting. <ul style="list-style-type: none"> (a) Two hands Snatch & its related exercises. (b) Two hands Clean & its related exercises. (c) Two hands Jerk & its related exercises. (d) Muscle building exercises for different parts of the body . - Circuit training (Individual body weight & equipment) 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able help their athletes to adapt individual technical combinations
	Bio-motor/fitness training	<ul style="list-style-type: none"> - Load dynamics of different conditional abilities - Training with different method of loading - Training with degree of difficulties 	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able help their athletes improve their physical fitness



		<p>- Physical exercises with different sports equipments related to weightlifters and specification of the equipments.</p> <p>(a) Exercises with bar bell, Dumbbell, own body weight , and partner 's body weight.</p> <p>(b) Exercises with parallel bar, Horizontal bar, Medicine ball, & Stair's.</p> <p>(c) Exercises with skipping rope, hurdles, gymnastic sticks, & weight boxes.</p> <p>(d) Specification of all above mentioned equipment.</p>	
3- Sports Coaching	Analysis: qualitative and quantitative/empirical	<p>Analysis of different on the field situations</p> <ul style="list-style-type: none"> - Organisation of officiating of weightlifting competition in connection with technical rules of International weightlifting federation. - Competition analysis and training analysis - Technical analysis 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to analyze different training/competition problems and find the solutions thereof independently - Will be able to create/make different drills independently

