

CLASS CARD THEORY AND METHODOLOGY OF WEIGHTLIFTING / BODY-BUILDING

Basic classes	Code in the study plan	ECTS
Theory and methodology of weightlifting / body-building	WF1_30	2

Education profile	practical
Faculty and field of study	Physical Education
Studies program in which the subject is realized	
Professor's name	dr Rafał Tabęcki
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	3 year, 6 semester
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	0/30
Form of passing classes	pass with grade
Type of subject (obligatory/ facultative)	facultative
Prerequisites	-

DETAILED INFORMATION**Course aims and objectives**

C1	Practical assimilation of basic elements of technique, specific to selected strength sports disciplines.
C2	Practical assimilation of basic training measures, specific to selected strength sports disciplines.
C3	Getting acquainted with the methodology of teaching and the principles of belaying and safety rules during the organization of classes with elements of strength sports.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
P_W01	Knows and correctly describes the components of the various strength sports. Knows the differences and characteristic details of the technical elements learnt and correctly defines, explains and formulates content related to the analysis and implementation of strength sports training

P_W02	Knows the principles of using the theory of methodology and technique in practice. Recognizes and knows the principles of implementing issues relating to the didactic process and teaching methodology of strength sports into the training process.
P_W03	Knows the safety rules for training activities and the principles of first aid. Knows and understands the need for continuity of training and to carry out a specialized warm-up aimed at strength sports training.
SKILLS	
P_U01	Be able to correctly demonstrate elements of the techniques of various strength sports at any level.
P_U02	Is able to verify, correct and appropriately evaluate learning outcomes. Is able to adapt the course of the didactic process to age and level of proficiency. Is able to use correct nomenclature, is able to construct coherent statements concerning the teaching of techniques in strength sports.
P_U03	Is able to prepare and adequately communicate theoretical knowledge of strength sports issues. Is able to organize and carry out competitions and a sports and recreational event with elements of power sports.
SOCIAL COMPETENCES	
P_K01	Has a need to supplement and improve acquired knowledge and skills in strength development. Actively and willingly promotes and conducts safe training with elements of strength sports among people of different ages.
P_K02	Creatively and consciously engages in the process of training and improving nomenclature in strength sports.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Ex. 1 – 15	Familiarizing students with the specifics of resistance exercises in strength training. Stationary circuit with all muscle groups. Exercises focused on the back muscles .Exercises focused on the lower limb muscles. Exercises focused on the upper limb muscles. Exercises focused on the pectoral and shoulder girdle muscles. Exercises focused on the abdominal muscles. Powerlifting competitions –	P_W01 - 03, P_U01 - 03, P_K01 – 02.

	preparation for passing. Weightlifting - learning the snatch and clean and jerk. Weider's Training Principles.	
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Ex. 1 – 15	practical activities
Teaching resources: strength sports room, specialised platforms, belay mattresses.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W03, P_K01, P_K02	Attendance check, student activity
P_W01 – 03, P_U01 – 03, P_K01 – 02	Practical test, assessment of technical and methodical skills

CONDITIONS FOR PASSING CLASSES:

The prerequisite for passing the course and the examination is attendance at all classes or completion of all arrears resulting from excused absences.

The prerequisite for passing the final course grade is obtaining at least satisfactory grades from all parts of the examination.

Practical Assessment

Students must complete two out of three selected practical elements within the sport discipline of powerlifting:

1. Back Squat (Barbell on Back)

The squat is the first event in a powerlifting competition. The bar is placed on the lifter's shoulders and is walked out from the rack. The lifter bends their legs until the crease of the hip is lower than the knee joint, at which point the lifter stands upright finishing the movement as they started.

2. Bench Press (Flat Bench)

The person performing the exercise lies on their back on a flat bench with a barbell grasped in both hands. They lower the barbell to chest level until it touches the chest, then press the barbell upwards, extending the arms until their arms are moderately straight. This is one repetition (rep). Powerlifting.

3. Deadlift

The deadlift is a strength training exercise in which a weight-loaded barbell is lifted off the ground to the level of the hips, with the torso perpendicular to the floor, before being placed back on the ground.

Assessment Criteria for Each Lift

A. Women

1. Back Squat (Barbell on Back):
 - Satisfactory (3): 90% of body weight
 - Good (4): 100% of body weight
 - Very Good (5): 120% of body weight
 2. Bench Press (Flat Bench):
 - Satisfactory (3): 70% of body weight
 - Good (4): 90% of body weight
 - Very Good (5): 100% of body weight
 3. Deadlift:
 - Satisfactory (3): 110% of body weight
 - Good (4): 120% of body weight
 - Very Good (5): 130% of body weight
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B. Men

1. Back Squat (Barbell on Back):
 - Satisfactory (3): 100% of body weight
 - Good (4): 130% of body weight
 - Very Good (5): 140% of body weight
2. Bench Press (Flat Bench):
 - Satisfactory (3): 80% of body weight
 - Good (4): 110% of body weight
 - Very Good (5): 120% of body weight
3. Deadlift:
 - Satisfactory (3): 130% of body weight
 - Good (4): 140% of body weight
 - Very Good (5): 150% of body weight

SAMPLE ASSESSMENT/EXAMINATION TOPICS

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none">1. Zatsiorky V., Kraemer W., Fry A.: Science and practice of strength training. Human Kinetics 2020.2. Current A.: Science of strength training. Dorling Kindersley 2021.3. Stone M., Suchomel T., Hornsby W., Wagle J., Cunanan A.: Strength and Conditioning in Sports. Routledge 2022.
Additional	<ol style="list-style-type: none">1. Austin D., Mann B.: Powerlifting. Human Kinetics, Inc. 20212. Bompa T., Carlo Buzzichelli C.: Periodization of strength training for sports. Human Kinetics, Inc. 2021

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
20		Contact classes
10		Students' preparations of the presentations
10		Self study as preparation to the written exam
10		Self study as reading text prepared by the teacher

Number of ECTS points that a student obtains in classes developing practical skills: 2

Author of the class card:	Name, surname and email
Date: 25.04.2025	Rafał Tabęcki, rafal.tabECKi@awf.edu.pl