

Subject: Theory and methodology of weightlifting / body building

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Department of Individual Sports Chairman: dr hab. Dariusz Boguszewski prof. AWF
Course name	Theory and methodology of weightlifting / body building
Subject code	
Teaching language	English
Type of subject (obligatory/ facultative)	Facultative
Level of studies (eg. bachelor, master)	Bachelor
Study year	3
Semester	6
ECTS points	2
Professor	dr Rafał Tabęcki
Studies program in which the subject is realized	
Method of realization (stationary/ distance learning)	stationary
Prerequisites	

DETAILED INFORMATION

Course aims and objectives

The aim of the course is to equip listeners with the necessary theoretical and practical knowledge regarding strength training in various age groups, taking into account bodybuilding, weightlifting, and powerlifting. Participants will have the opportunity to perform exercises based on the current state of knowledge in the field of resistance training.

Main topics

No	Topic
Lectures/classes	
1.	Familiarizing students with the specifics of resistance exercises in strength training.



2.	Stationary circuit with all muscle groups
3.	Exercises focused on the back muscles
4.	Exercises focused on the lower limb muscles
5.	Exercises focused on the upper limb muscles
6.	Exercises focused on the pectoral and shoulder girdle muscles
7.	Exercises focused on the abdominal muscles
8.	Powerlifting competitions – preparation for passing
9.	Weightlifting - learning the snatch and clean and jerk
10.	Weider's Training Principles

CONDITIONS FOR PASSING CLASSES:

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

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

1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	20
2. Students' preparations of the presentations	10
3. Self study as preparation to the written exam	10
4. Self study as reading text prepared by the teacher	10
Total = 100 hours- ECTS points 50 hours	

Author of the class card:	Name, surname and email
Date: 24.04.2025	Rafał Tabęcki, rafal.tabecki@awf.edu.pl



JÓZEF PIŁSUDSKI
UNIVERSITY OF PHYSICAL EDUCATION
IN WARSAW