



bp4351 bk4351

OLYMPIC WEIGHTLIFTING

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The aim of subject is educate students about weightlifting knowledge and skills.

basic of nomenclature, technique of weight lifting, excersise with olympic bar, diagnostic of mistakes and their elimination



Learning Outcomes

After successful completion student will be able:

- to **demonstrate technique** of snatch and CJ
- to **identify mistakes** in technique of weightlifting exercises, to propose and suggest procedure of their elimination
- to demonstrate **training methodology** of snatch and CJ, including with specific, preparatory exercises with olympic bar
- to apply the structure of training weightlifting exercises, including their modifications



Outline of the course

- Introduction to exercise with olympic bar, manipulation with dumbbells and loading dumbbells on bar, rules.
- Safety and individual help.
- squat with olympic bar (front, back, overhead,..).
- Basic position at individual weightlifting exercises.
- Methods of snatch training.
- Methods of clean and jerk training.
- Nomenclature of weight lifting exercises
- Theoretical basic of weightlifting exercises
- Identification of incorrect execution of weightlifting exercises and its correction



CREDIT

The credit consists of two parts.:

- The first part is a **written test** (10 questions, 75% correct answers are required to pass, the assessment is pass/fail; the test can be repeated 3 times). The test focuses on weightlifting rules, weightlifting methodology and exercise terminology.
- The second part of the credit consists of a **practical demonstration of a competitive execution of a snatch and clean and jerk in a real competition** according to the rules of weightlifting. The selected competition will be announced during the first class of the semester. The assessment for the practical credit is pass/fail, where pass means successful completion of the selected competition (in the Olympic weightlifting). The weight of the lowest base for start weight in the competition is limited by the weightlifting rules (women = 21 kg; men 26 kg).

CZECH ACADEMY CHAMPIONSHIP 21. – 22. 12. 2024 FSPS MU Brno



Friday 20.12.2024 – Preparation (15:00-20:00)

Saturday and Sunday 21. – 22. 12. 2024 (8:00 – 22:00)

Your role will include:

- compete in one of the weight categories
- lead the competitor in the competition as a coach
- technical crew

OLYMPIC WEIGHTLIFTING

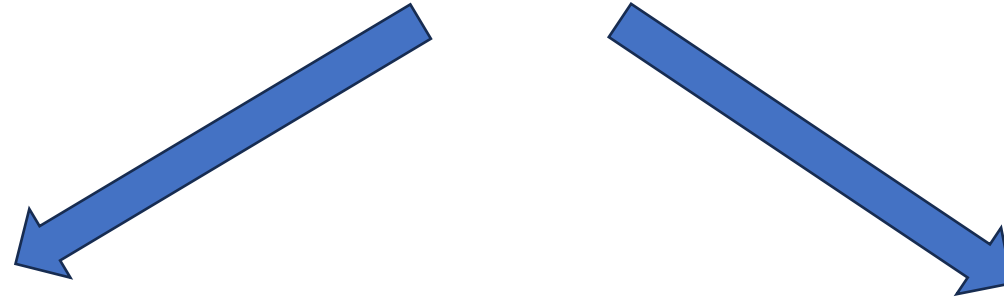


TRH ≈ SNATCH



NADHOZ ≈ C&J
CLEAN AND JERK

Input requirement



ROM



Technique of basic exercises



VSTUPNÍ POŽADAVKY

ROZSAH POHYBU

1. Dorsiflexion of the ankle joint

2. Hip mobility

3. Mobility of the shoulder joint (thoracic spine)

AT THE SAME TIME STABILITY

Knee and elbow



Basic Movement



VSTUPNÍ POŽADAVKY

ZÁKLADNÍ CVIKY

1) SNATCH

Deadlift with wide grip
Romanian deadlift
Standing overhead press
OHS

2) CLEAN

Deadlift
Romanian deadlift
Front squat

3) JERK

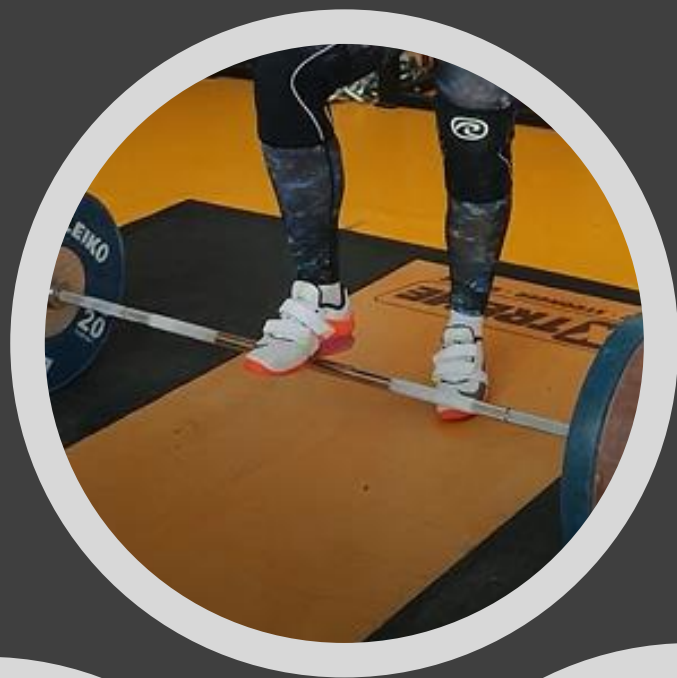
military press

ROZSAH POHYBU



PRAVIDLA





PRAVIDLA





Č. 1 NEPŘEKRAČOVAT OSU



Č. 2 NEŠLAPAT NA OSU



Č. 3 KOTOUČE VŽDY VRACÍM
DO STOJANU



Č. 3 KOTOUČE NA ČINCE ŘADÍM
OD NEJTĚŽŠÍHO PO NEJLEHČÍ





Č. 4 VŽDY S UZÁVĚREM (= 2,5 kg)



POMŮCKY

