

## **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 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

### **Grading Criteria**

(1) Practical Assessment Participants will be required to perform the following:-

- Snatch; power snatch; hang snatch
  - Clean; power clean, hang clean
  - Split jerk; push jerk The assessment will take into account the following points:-
- Key positions for each movement
- Movement control, speed and tempo
  - Movement consistency
  - Safety of the movements performed
  - Upon completing the practical assessment, participants will be assigned any drills (if necessary) to further practise in preparation for the remote video assessment

(2) Remote Video Assessment Participants must demonstrate reasonable ability to perform the main Olympic lifts and its variations:-

- Video(s) must be submitted within 3 weeks of completion of the course
- Grading criteria is as outlined in the practical assessment
- Participants receive a pass if they achieve a score of 75% and above
- One (1) retake is allowed

## **Recertification**

N/A

## **Exam Fee**

Retake fee: RM 200

## **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*