




CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Olympic Weightlifting					
Module Code	UISV6K-15-2		Level	2	Version	1
UWE Credit Rating	15	ECTS Credit Rating	7.5	WBL module?	No	
Owning Faculty	Hartpury		Field	Sport Science		
Department	Sport		Module Type	Standard		
Contributes towards	BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW) BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW)					
Pre-requisites	None		Co- requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
First CAP Approval Date	07 July 2016		Valid From	01 September 2016		
Revision CAP Approval Date			Revised with effect from			

Review Date	01 September 2022
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1. Evaluate specific health and safety considerations within Olympic Weightlifting settings (A,B); 2. Assess Olympic Weightlifting techniques from both a kinematic and kinetic perspective and modify technical deficiencies where necessary (A, B); 3. Design individual training sessions and plans that develop Olympic Weightlifting including appropriate warm up and cool down techniques based on current scientific literature and practice which align with PSRB requirements (A, B); 4. Critique the application of Olympic Weightlifting Techniques for athletes of different training ages and sports (A, B); 5. Demonstrate technical and practical competency of the Olympic Weightlifting techniques (A, B);

Syllabus Outline	<ol style="list-style-type: none"> 1. Warm up and cool downs for when performing Olympic Weightlifting techniques. 2. Prepare and maintain a safe lifting environment. 3. Performance of all Olympic Weightlifting techniques. 4. Biomechanical evaluation of Olympic Weightlifting techniques. 										
Contact Hours	<p>Indicative delivery modes:</p> <ul style="list-style-type: none"> • Lectures, guided learning, seminars etc. 33 • Self-directed learning 3 • Independent learning 114 <p>TOTAL 150</p>										
Teaching and Learning Methods	<p>Scheduled learning includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; work based learning; supervised time in studio/workshop.</p> <p>Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make.</p> <p>Virtual learning environment (VLE): this specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.</p>										
Key Information Sets Information	<p>Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <p style="text-align: center;"><u>Key Information Set - Module data</u></p> <p style="text-align: right;"><i>Number of credits for this module</i> 15</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 12.5%;">Hours to be allocated</th> <th style="width: 25%;">Scheduled learning and teaching study hours</th> <th style="width: 25%;">Independent study hours</th> <th style="width: 25%;">Placement study hours</th> <th style="width: 12.5%;">Allocated Hours</th> </tr> </thead> <tbody> <tr> <td>150</td> <td>36</td> <td>114</td> <td>0</td> <td>150</td> </tr> </tbody> </table> <p style="text-align: right;"></p> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p>	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	36	114	0	150
Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours							
150	36	114	0	150							

	<p>Total assessment of the module:</p> <table border="1" data-bbox="1117 230 1252 349"> <tr> <td>Written exam assessment percentage</td> <td>50%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td>0%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td>50%</td> </tr> </table> <p style="text-align: right;">100%</p>	Written exam assessment percentage	50%	Coursework assessment percentage	0%	Practical exam assessment percentage	50%
Written exam assessment percentage	50%						
Coursework assessment percentage	0%						
Practical exam assessment percentage	50%						
<p>Reading Strategy</p>	<p>Essential readings Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be required to purchase a set text, be given a print study pack or be referred to texts that are available electronically or in the Library. Module guides will also reflect the range of reading to be carried out.</p> <p>Further readings Further reading will be required to supplement the set text and other printed readings. Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library search, a variety of bibliographic and full text databases, and internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from their academic literature.</p> <p>Access and skills Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.</p>						
<p>Indicative Reading List</p>	<p>The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide.</p> <p>Books:</p> <p>Beachle, T. R. and Earle, R. W., eds (Current Edition), Essentials of Strength and Conditioning Second Edition. Leeds: Human Kinetics</p> <p>Bompa, T. O. (Current Edition) Periodisation - Theory and Methodology of Training. Leeds: Human Kinetics</p> <p>Chandler, T. J. and Brown, L. E., eds. (Current Edition) Conditioning For Strength and Human Performance. Baltimore: Lippincott Williams and Wilkins.</p> <p>Fleck, S. J, and Kraemer W. J. (Current Edition) Designing Resistance Training Programmes Third Edition. Leeds: Human Kinetics</p> <p>Foran, B., ed. (Current Edition) High-Performance Sports Conditioning. Leeds: Human Kinetics.</p> <p>Hamill, J. and Knutzen, K.M. (2009). Biomechanical Basis of Human Movement. 3rd ed. Philadelphia USA. Lippincott, Williams & Wilkins.</p> <p>Joyce, D. and Lewindon, D. (2014). High Performance Training for Sports. Leeds: Human Kinetics.</p> <p>Journals:</p> <p>Journal of Strength and Conditioning Research</p> <p>International Journal of Sports Physiology and Performance</p> <p>Journal of Sports Science</p>						

European Journal of Applied Physiology

UKSCA Performance Journal

Websites:

United Kingdom Strength and Conditioning Organisation:

<http://www.ukzca.org.uk/ukzca/>

National Strength & Conditioning Association: <http://www.nasca.com/Home/>

Strength & Conditioning Research: <http://www.strengthandconditioningresearch.com/>

British Weightlifting: <http://britishweightlifting.org/>

Part 3: Assessment

Assessment Strategy

This module will be assessed through completion of a written examination and practical assessment. The marking criterion for the aforementioned assessments meets the learning outcome specifications and assessment strategies set by the British Weightlifting Organisation (PSRB) in order to be eligible to obtain the following qualifications;

1. 1st4sport Level 2 Certificate in Coaching Weightlifting.
2. 1st4sport Level 2 Award in Olympic Weightlifting.

Component A will consist of a one hour written examination including both short answer and template tasks.

Component B will consist of 7 x 20 minute practical assessments that will take place in allocated practical teaching times and a final 30 minute assessment that will take place in the assessment period. Failure to attend all of the practical assessments will result in a fail mark for the component.

The above assessment strategies will be assessed in accordance with the Level 2 SEEC criteria.

PSRB Qualifications:

In order for the student to be eligible for the PSRB qualifications they must achieve a minimum mark of 60% in both components A and B on the 1AO assessments. Should a student not achieve this then they will not be eligible to obtain the PSRB award – if the student still wishes to achieve the PSRB qualifications then they will need to register on the relevant external course(s) held by the PSRB.

This module aims to support students in developing their theoretical and practical expertise in the area of Olympic Weightlifting. Knowledge and understanding gained across other modules within the selected programme of study will provide students with specific knowledge on strength and power development in athletes and how to teach Olympic Weightlifting to a range of individual abilities. To support students, formative opportunities to reflect on their current technical knowledge and practitioner coaching within the area of Olympic Weightlifting as well as guidance on how to prepare effectively for the assessment will be provided with feedback from the module teaching team. This will be achieved through interactive tasks in lectures, practical's, seminars and VLE set tasks. Specifically, students will be required to upload clips of their lifting techniques onto the VLE to receive and provide feedback on their peer's technical competency of the lifts.

Students will be consistently required throughout the module to coach their

	<p>peers during practical sessions in order to develop their coaching competence in which during these sessions they will receive verbal feedback from both the teaching staff and their fellow student peers, and will be asked to positively self-reflect on their current progress and what steps they will take to further improve their practical skill-set. Furthermore, students will be encouraged to analyse their own coaching practices via video recording of their practical sessions.</p> <p>In line with the College's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to VLE.</p>
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Identify final assessment component and element	Written Examination	
% weighting between components A and B (Standard modules only)	A:	B:
	50%	50%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting (as % of component)	
1. Written Examination: 1 hour.	50%	
Component B (uncontrolled conditions) Description of each element	Element weighting (as % of component)	
2. Practical Examination: 7 x 20 minutes to be completed during practical sessions. 1 x 30 minute in the assessment period.	50%	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting (as % of component)	
1. Written Examination: 1 hour.	50%	
Component B (uncontrolled conditions) Description of each element	Element weighting (as % of component)	
2. Practical Examination: 20 minutes.	50%	
If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.		