

USA Weightlifting  
Level 1 Sports Performance Course  
2-Day Tentative Schedule

**Day 1**

**Section 1 Understanding and Preparing for Weightlifting**

8:00 – 8:45 am	Introduction, Objectives, Rationale	- Lecture
8:45 - 9:30 am	Safety and Evaluation	- Lecture

9:30 – 9:45 am                      Break

9:45 – 10:45 am	Basic Biomechanics	- Lecture
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**Section 2 Learning and Teaching Technique**

10:45 – 11:00 am	Basic Exercises, Clean Related	- Lecture
11:00 - 12:30 pm	Basic Exercises, Clean Related	-Practical

12:30 - 1:30 pm                      Lunch

1:30 – 1:45 pm	Basic Exercises, Snatch Related	-Lecture
1:45 – 3:45 pm	Basic Exercises, Snatch Related	-Practical

3:45 – 4:00 pm                      Break

4:00 – 4:15 pm	Basic Exercises, Jerk Related	-Lecture
4:15 – 6:15 pm	Basic Exercises, Jerk Related	-Practical

**Day 2**

8:00 - 8:30 am	Power Assistance Exercises	- Lecture
8:30 – 10:30 am	Power Assistance Exercises	- Practical

10:30 – 10:45 am                      Break

**Section 3 Implementing Training**

10:45 – 11:45 am	Program Design	- Lecture
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11:45 - 12:45 pm                      Lunch

12:45 – 1:45 pm	Snatch / Clean & Jerk	
	Practice Coaching Session	- Practical
1:45 – 2:30 pm	Review & Questions	- Lecture
2:30 – 3:30 pm	Written Exam	