

## 体育方法演習 VI

Syllabus Number

HSS-302

Elective

2 credit

TAKEI, Seiichiro

### 1. Course Description

While weight training is an effective tool to improve athletic performance (e.g., sprinting and jumping), its inappropriate implementation can cause a decline in the training effect and result in an increased risk of injury. In this lecture, we will aim to learn about the proper lifting techniques employed in various training exercises, especially Olympic-style lifts represented by power clean, and improve fundamental physical fitness such as maximal strength and power.