



إدارة المنشآت الرياضية  
SPORT FACILITY MANAGEMENT

# INTERNATIONAL COACHES COURSE

LEVEL 1



INTERNATIONAL  
WEIGHTLIFTING  
FEDERATION

# ABOUT IDRAK

**IDRAK is a company that specialized in organizing academic courses, conferences, exhibitions, seminars, and workshops. Work and sports gatherings through work teams at the highest levels of efficiency. The company was established in 2019 and it is developing. A strategic goal is to spread and promote the sport of weightlifting at the level of the United Arab Emirates by providing the opportunity for weightlifting cadres to develop their abilities, increase their knowledge, and learn about everything new, as IDRAK Company contracted with a number of international academies and lecturers with the approval of the International Weightlifting Federation**

**IDRAK aims, through this course, to prepare the participants, through the practical and theoretical training course which contribute to refining skills and capabilities in order to obtain an international trainer certificate recognized by the International Federation, which will have a positive impact on the development of the weightlifting game**

**IWF**



**INTERNATIONAL  
WEIGHTLIFTING  
FEDERATION**

The International Weightlifting Federation is a non-profit organization consisting of 193 affiliated national federations around the world on five continents. Founded in 1905, it is one of the oldest international sports federations. Weightlifting was one of the first sports to be included in the Olympic Games in 1896, which is the Federation concerned with the sport of weightlifting, which approves and enacts its rules, and its current headquarters is in Lausanne, Switzerland.

And its current president: Muhammad Jaloud Al-Shammari

It is recognized by the International Olympic Committee (IOC) as the sole governing body for the sport of international weightlifting.

Member of the World Association of International Sports Federations (GAISF)

The Association of Summer Olympic International Federations (ASOIF)



**The UAE Weightlifting Federation was established in 1991**

**It is a sports body affiliated to the “General Sports Authority” concerned with everything related to the sport of weightlifting in the United Arab Emirates.**

**Chairman of the Board of Directors of the Union, Mr.: Muhammad Nasser bin Khamas.**

**Vice Chairman of the Board of Directors Mr.: Rashid Abdullah Ali Muhammad.**

**The Secretary General of the Federation, Mr.: Muhammad Khamis Al-Naqbi.**

## COURSE OBJECTIVES

### Developing skills and qualifying cadres

The course program provides a large amount of experience, learning and training, which allows learning new skills and help develop previous skills and gain many valuable experiences and information that help develop trainees and ensure a broader and deeper future and vision in the sport of weightlifting, as this course aims to qualify all cadres of referees, coaches, administrators, players and those interested in the sport of weightlifting.

### Improving standards and accrediting international trainers

There are a large number of people who possess intellectual and mental abilities, great deal of intelligence and desire to learn, but they do not have the appropriate opportunity that helps them gain knowledge. This is what this training course provides by guiding the professor / the course lecturer, to the correct path of learning and how to acquire it. By raising the capabilities of the trainees in general, developing them and refining their experiences, as this sport needs to improve skills and competencies away from university degrees.

### **Innovative program methodology**

The trainees in this course share the same goal. There is a positive, interactive spirit among them, and an exchange of ideas takes place between them. which is something that colleges and universities can not provide. Where training has now become a special science on its own, distinguished by having its own methods of collecting ideas and information and writing them down in an innovative methodical manner specific to the sport of weightlifting.

### **Course program and scientific material.**

The training course program was designed clearly, concisely and easily by summarizing the amount of scientific material presented in a systematic manner, making it easier for the trainee to get acquainted with it and avoiding the unimportant parts, and focusing on what the trainees need in relation to their field of work, their interest, and what is appropriate to their life conditions. Since universities do not have availabilities of the full knowledge that a person needs in a specific matter. The main goal of universities is to focus on scientific material only, and they are not interested in focusing on expanding the participant's awareness of a science that benefits him in the field of professional life, and here lies the importance of this course. In addition to providing the opportunity to raise the professional competence of those who are unable to devote themselves entirely to study due to their preoccupation with work.

## **Spreading the sport of lifting weights and attracting those interested.**

This program provides the opportunity for the trainees to teach the sport of weightlifting in a way that gives the trainees the full opportunity to do trial and error in particular without feeling anxious, asking questions and inquiries to the course records, thus giving the trainees more self-confidence in their own abilities in line with the continuous changes in the sport of weightlifting

# Course Description

- This training course aims to train and qualify weightlifting coaches and those who are interested in the sport of weightlifting, as touched upon the course to the correct sports training principles so that the trainee at the end of the course is familiar with the basics necessary for first-level training in the sport of lifting weights.

- The first official international training course for weightlifting coaches to be held in the emirate of abu dhabi, under the supervision of the international weightlifting federation in cooperation with the UAE weightlifting federation

- Participants who successfully pass will receive two trainer certificates lifting weights accredited by the international weightlifting federation and UAE weightlifting federation.

- Presented by an international lecturer with a professorship accredited by the federation international weightlifting.

- The duration of the course is (20) hours.

- The course consists of a theoretical part and a practical part.

- Language: in arabic and english.

- Participants undergo a test at the end of the course on both sides (theoretical (50%) and practical (50%)), and the degree of passing the exam successfully 70% or more

## COURSE LECTURER



- Professor / Mustafa Saleh Al-Zubaidi – Iraqi Nationality.
- Current position / President of the West Asian Federation to raise Weights.
- He currently holds the position of a doctorate in a college Physical education and sports sciences / University of Baghdad.
- Academic qualification/ PhD in Mechanics Vitality (weightlifting).
- Author of books on weightlifting.



INTERNATIONAL  
WEIGHTLIFTING  
FEDERATION

# COURSE THEMES

## Practical side:

- Basic exercise technique
- Snatch technique
- Clean & Jerk technique

## Theoretical side:

- Personality of the trainer
- Principles of training science
- Bio-Mechanic
- Weightlifting
- Nutrition

**Administrators**

**Coaches**

**Players**

**Those eligible  
to register in  
the course**

**Anyone interested in  
weightlifting sports**



# Timing and venue of the session

- 🕒 Friday 27/10/2023 From 5 pm to 10 pm
- 🕒 Saturday 28/10/2023 From 10 am to 5 pm
- 🕒 Sunday 29/10/2023 From 10 am to 5 pm

- 📅 from 27-29 October 2023
- 📍 The Millennium Al Rawda Hotel - Abu Dhabi.

# For contact and inquiries

The course is organized by a Idrak Sport Facility Management



إدارة المنشآت الرياضية  
SPORT FACILITY MANAGEMENT

+971 50 857 7497  
Abu Dhabi - UAE  
info@idraksports.com  
www.idraksports.com  
@idraksports



Course Registration