*The text highlighted in yellow, are initial presentation descriptions.*

**Goal 1: Know what materials can be used or worn, while performing a power cling.**

**Objective 1.1**

Reviewing which 10 materials are used when performing a power clean, the learner will list the materials on paper, with 80% accuracy.

(Fact-recall) (Task Analysis 1.A-K)

**Initial Presentation 1.1**

(*Materials used when power cleaning)*

The instruction will show a list of materials used when performing a power clean. Instruction will give a brief synopsis over the importance of each material, shown within the list. After covering synopsis, the list, labeling all materials will be reshown.

**Objective 1.2**

Given an overview, explaining the importance of the 5 *key* materials used when power cleaning, the learner will explain the importance of each material, with less than 2 mistakes.

(Concept-Recall) (Task Analysis 1.A, 1.G-J)

**Initial Presentation 1.2**

*(Importance and benefits of each material)*

Instruction will give a thorough overview pertaining to five key materials used when power cleaning. Instruction will explain the importance of each material. Instruction will provide illustrations enhancing the importance of each material.

**Objective 1.3**

Given 5 images of good and poor conditioned materials, the learner will identify the good conditioned materials at 80% accuracy.

(Concept-Application) (Task Analysis 1.A, 1.G-J)

**Initial Presentation 1.3**

*((Give an example and explain why it's an example))*

The instruction will show a picture of "good materials." Along with the picture, there will be an explanation of why that is an example of "good" materials. For contrast, the instruction will show a picture of poor materials. The instruction will explain why the materials are poor.

**Goal 2: Understand how to properly grip or hold the straight bar before attempting to power cling.**

**Objective 2.1**

Given an overview, describing different grips for holding a straight bar, the learner will identify which grip is used for power cleaning, with 100% accuracy.

(Concept-Application) (Task Analysis 3.B)

**Initial Presentation 2.1**

(*Give an example and explain why it's an example)*.

The instruction will show a picture of a proper power cleaning grip. Along with the picture, there will be an explanation as to how to correctly grip the bar and why this is an example of a correct grip. For contrast, the instruction will give an example of incorrect grips. The instruction will explain why these grips are incorrect.

**Objective 2.2**

After reviewing pictures explaining the correct grip used when power cleaning, the learner will demonstrate while holding a straight bar, the required grip, with 100% accuracy.

(Procedure-Application) (Task Analysis 3.B)

**Initial Presentation**

(*Model correct grip)*

Instruction will show proper power cleaning grip through step by step imaging, accompanied by physical descriptions underneath image. Instruction will allocate learner to participate in this process of gripping the bar, asking learner to replicate the steps seen within the pictures.

**Goal 3: Know the proper mechanics to power cleaning, to prevent injuries.**

**Objective 3.1**

Given an overview, explaining the five primary exercise movements comprising a power clean, the learner will list the exercises in sequential order for a power clean, with 100% accuracy.

(Concept-Recall) (Task Analysis 2.A, 2.B, 2.C, 2.D, 2.E)

**Initial Presentation**

*(Explain exercises involved in power clean)*

Instruction will list, define, and describe each exercise involved within a power clean, in sequential order. Providing illustrations, portraying each exercise before and after, will be presented. After explaining each exercise, a list stating each exercise involved within a power clean will be reshown in sequential order.

**Objective 3.2**

After reviewing the progression movements within a power clean, the learner will recognize the steps occurring within the clean, with 100% accuracy.

(Procedure-Recall) (Task Analysis 3.A-C, 4.A-H)

**Initial Presentation**

(*Steps involved within power clean)*

The instruction will give an overview, in a step by step breakdown of a power clean. Listed in sequential order, figures will be used within illustrations, displaying each progressive movement, each step labeled below the image. The instruction will show the steps once again, in order after the illustration segment.

**Objective 3.3**

Given a series of 5 pictures, identify and arrange the pictures in how a power clean would be performed, with less than two mistakes.

(Procedure-Recall) (Task Analysis 3.A-C, 4.A-H)

**Initial Presentation**

*(Recognize Steps involved within power clean)*

Instruction will illustrate the steps and progressive movements within a power clean

**Objective 3.4**

Given images demonstrating correct form when power cleaning, the learner will identify if the lift was correct, with 100% accuracy.

(Concept-Application) (Task Analysis 3.A-C, 4.C-H)

**Initial Presentation**

(*Give an example and explain why it's an example*)

The instruction will show incorrect and correct form when power cleaning through several images. The images, incorrect and correct will be placed next to each other, streaming down the page. An explanation describing what was correct or incorrect will be captioned underneath each image.

**Goal 4: Appreciate the level of difficulty involved within a power clean.**

**Objective 4.1**

Given a straight bar, the learner will demonstrate the correct form prior to lifting the bar to perform the power clean, with less than 3 mistakes.

(Procedure-Application) (Task Analysis 3.A-C, 4.A)

**Initial Presentation**

*(Model starting placement/posture within power clean)*

The instruction will explain the importance of posture and placement, prior to power cleaning. The instruction will then show a picture illustrating the correct posture before power cleaning. The steps taken, in order to get in the correct posture, will be listed alongside of the illustration.

**Objective 4.2**

Reviewing the first exercise used within the power clean movement, the learner will demonstrate a deadlift, with 100% accuracy.

(Procedure-Application) (Task Analysis 2.A, 3.A, 3.B.1, 3.C, 4.A, 4.B)

**Initial Presentation**

*(Model Procedure)*

The instruction will explain the importance of deadlifting correctly, as well as what can occur when deadlifting incorrectly. The instruction will list the steps used when deadlifting correctly. Alongside of the steps, an image displaying the middle and after movement of the exercise will be shown.

**Objective 4.3**

After reviewing the required steps before “receiving” the straight bar, the lifter will jump, enabling hips to thrust forward powerfully, perform a shoulder shrug into an upright row, and end in a front squat, the learner will demonstrate these 4 movements, receiving the bar with less than two mistakes.

(Procedure-Application) (Task Analysis 2.B-E, 3.A-C, 4.D-G)

**Initial Presentation**

(*Model Procedure)*

The instruction will give an overview, explaining the steps occurring after the deadlift. The instruction will entail the powerful hip thrust occurring from the jump, followed by a shoulder shrug into an upright row, receiving the bar, ending in a front squat. Explaining the steps, in sequential order, the instruction will provide several images, each image showing a step.

**Objective 4.4**

After reviewing how to perform a power clean, the learner will demonstrate a power clean with a straight bar, with less than 3 mistakes.

(Principle-Application) (Task Analysis 2.A-E, 3.A-C, 4.A-H)

**Initial Presentation**

*(Model Procedure)*

The instruction will give an illustration, displaying all of the movements occurring within a power clean. Pertaining to each movement occurring, in the image, the instruction will state the significance of each step. The instruction will reshow the illustration displaying the movements involved within the power clean.