

WEIGHTLIFTING

PACKET # 14

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions and puzzles.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Let's start with a few definitions:

Resistance training	Exercises which involve moving against a resisting object, such as a weight, a lever, a rubber cable, or a torsion bar.
Weight training	Exercises which use the weight of an object to provide resistance to movement. Weight training is a form of resistance exercise.
Free weights	Barbells, dumbbells, iron shoes, and other objects.
Exercise machines	Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, bungee cords, torsion bars, hydraulic cylinders, etc.
Weightlifting	Weightlifting is a sport that involves lifting barbells or dumbbells.
Olympic weightlifting	A sport that involves two lifts:

1. The snatch (moving a barbell from the floor to an over-



Physical Education Learning Packets Answer Key 13

AW Rasmussen



Physical Education Learning Packets Answer Key 13:

Physical Education Learning Packets Answer Key 13 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Physical Education Learning Packets Answer Key 13**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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