

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:

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

Physical Education Learning Packets 14 Weightlifting Key

JG Myers



Physical Education Learning Packets 14 Weightlifting Key:

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offred and ofglen attend a women s salvaging where three women are hanged afterwards there s a particicution a frenzied group murder of a supposed rapist who was actually a member of the resistance the following day a new handmaid comes for the shopping trip with offred

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