

WEIGHTLIFTING

BRACKET 1A 1B

SPORTS LITERATURE

This Learning Module has two parts: (1) and (2) which will be used to prepare

Students to write a position paper on physical activity and include the history, rules, playing techniques, scoring, events and more.

The Student must choose questions and provide correct answers understanding each answer should be based on physical activity.

OVERVIEW: LITERATURE

Let's start with a few definitions:

Resistance training:

Exercises which involve moving against resistance objects such as a weights, a bar, or a rubber tubing, etc. or a resistance band.

Weight training:

Exercises which use the weights of an object as resistance. Weight training is a form of resistance training.

Free weights:

Barbell, dumbbells, steel cones, and other objects.

Exercise machines:

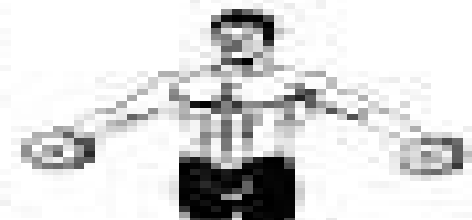
Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, rubber bands, or other bands, especially springs, etc.

Weightlifting:

Weightlifting is a sport that involves lifting barbells or other kinds of weights.

Strength training:

It refers to exercises that build



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Answer Key

S Ben Porath



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