WEIGHTLIFTING

INSTRUCTIONS

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

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 tersion but.
Weight training	Exercises which use the weight of an object to provide resis- tance to movement. Weight maining is a form of resistance exercise.
Free weights.	Barbells, dambbells, iron shoes, and other objects.
Exercise machines	Machines designed to provide resistance to exercise anovements. This resistance can be achieved with built-in weights, banger cords, torsion burs, hydraulic sylinders, etc.
Weightlifting	Weightlifting is a sport that involves lifting barbells or damb- bells.

A sport that involves two lifts:

Ohmpic weighdifting

Physical Education Learning Packets 14 Weightlifting Key

Wolfgang Guggemos

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