

WEIGHTLIFTING

BRACKET 1A 1B

SPORTS-RELATED

This Learning Standard has two parts: (1) and (2) with subparts (a) and (b).

The term *strength* is particular sport or physical activity and includes the history, rules, playing techniques, training, events and more.

The *Strength Training* subpart and part (b) reflect your understanding and experience around the sport or physical activity.

OVEREXERCISE

Let's start with a few definitions:

Strength training:

Exercises which involve moving against resistance against weight, such as a weight, a bar, or a rubber ball, or a machine.

Weight training:

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

Free weights:

Barbell, dumbbells, steel cones, and other objects.

Exercise machines:

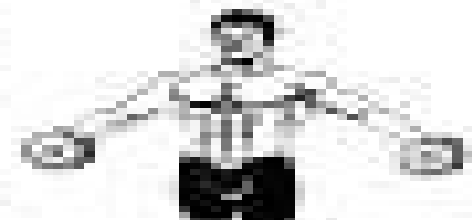
Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, springs, cords, or fluid bags, hydraulic cylinders, etc.

Weightlifting:

Weightlifting is a sport that involves lifting barbells, cones, balls.

Strength training:

It refers to exercises that use



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Answer Key

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