

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's Science assignments and position paper will be submitted and approved around the topic of physical activity.

OVERVIEW: LITERATURE

Let's start with a few definitions:

Strength training:

Exercises which involve moving against something which could be a weight, a bar, or a machine, which can be moved from

Weight training:

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

Free weights:

Barbell, dumbbells, steel cones, and other objects.

Exercise machines:

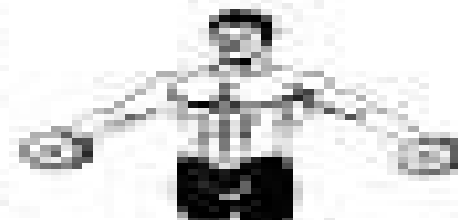
Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, springs, cords, or fluid bags, especially cylinders, etc.

Weightlifting:

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

Strength training:

It refers to exercises that build



Physical Education Learning Packets 14 Weightlifting

Answer Key

Zhe Xu



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