

# 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:

**Strength training:**

Exercises which involve moving against resistance against weight, such as a weight, a bar, or a rubber, with or without free.

**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 bars, and other objects.

**Exercise equipment:**

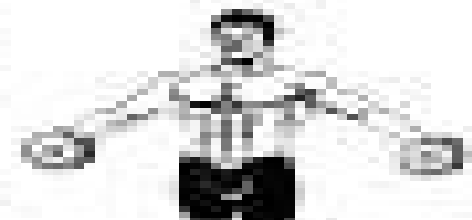
Equipment designed to provide resistance to exercise movements. This equipment can be combined with free weights, weights, or other forms of resistance, such as.

**Weightlifting:**

Weightlifting is a sport that involves lifting barbells, dumbbells, and other objects.

**Strength training:**

It is a sport that involves lifting



# Physical Education Learning Packets 14 Weightlifting Answer Key

**Wolfgang Guggemos**



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