

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 Department and provide a safe and secure environment and appear around the sport of physical activity.

OVERVIEW

Let's start with a few definitions:

Strength training:

Exercises which involve moving against resistance objects, such as a weight, a bar, a ball, a ball, or a barbell.

Weight training:

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

Free weights:

Barbell, dumbbells, and other free weights.

Resistance training:

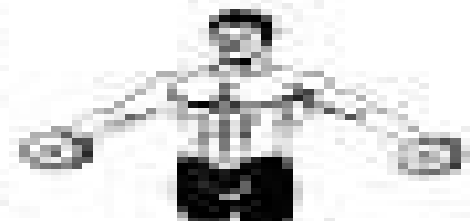
Exercises designed to provide resistance to exercise movements. This resistance can be achieved with free weights, weight bands, resistance bands, resistance machines, etc.

Weightlifting:

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

Strength training:

It is a sport that involves lifting



Physical Education Learning Packets 14 Weightlifting

Answer Key

JS Bruner



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