

# PHYSICAL EDUCATION 14

## CROSSWORD ANSWER WEIGHTLIFT

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**What is the sports term of weightlifting?** Olympic weightlifting, also known as Olympic-style weightlifting, is a sport in which athletes compete to lift a barbell loaded with weight plates from the ground to overhead, with the goal of lifting the most weights. Answer. Weightlifting is a sport that involves lifting barbells for exercise or competition.

**What is weightlifting in physical fitness?** Weightlifting or weight lifting generally refers to physical exercises and sports in which people lift weights, often in the form of dumbbells or barbells. People engage in weightlifting for a variety of different reasons.

**Is it weightlifting or weight lifting?** While the sport is officially named "weightlifting", the terms "Olympic weightlifting" and "Olympic-style weightlifting" are often used to distinguish it from the other sports and events that involve the lifting of weights, such as powerlifting, weight training, and strongman events.

**What is the measure of weight lifted within a specified time period?** Power- Power is measured in terms of how much weight can be lifted within a specified time period. To measure power, divide the amount of work done by the amount of time it takes to do it.

**What is the term for weightlifting?**

**What is weight lifting exercise called?** Resistance training (also called strength training or weight training) is the use of resistance to muscular contraction to build strength, anaerobic endurance and size of skeletal muscles.

**What is the weightlifting things called?** The 'weights' used in weightlifting are given several names but commonly are called plates, discs or bumpers as the weights used are 'bumper plates'.

**What are the three types of weightlifting?**

**What is heavy lifting in gym called?** Exercise or any training that is performed with weights is called weightlifting. similarly, heavy weight lifting refers to training with heavier weights than usual.

**What is a weight lifter called?** Definitions of weightlifter. noun. an athlete who lifts barbells. synonyms: lifter. type of: athlete, jock.

**What counts as weightlifting?** Weightlifting primarily centers around the act of lifting weights, usually in the form of dumbbells, barbells, or machines. The primary goal in weightlifting is often aesthetic improvement, such as muscle definition, size, or symmetry.

**What is the origin of weightlifting?** By whom, where and when was Weightlifting invented? Weightlifting has ancient origins. It was practised both by ancient Egyptian and Greek societies. It developed as an international sport primarily in the 19th century, and is one of the few sports to have featured at the first modern Olympic Games in Athens in 1896.

**What is the amount of weight lifted called?** One-repetition maximum (one-rep max or 1RM) in weight training is the maximum amount of weight that a person can possibly lift for one repetition.

**What is it called when you measure weight?** The weight of an object can be measured using different types of weighing scales. A scale or balance is a device used to measure weight or mass. These are also known as mass scales, weight measurement scales, mass balances, and weight balances.

**What is the number of times a weight is lifted called?** A rep is a repetition — that is, the number of times you do an exercise before you take a short break. A set is a group of repetitions, like two sets of 15 reps.

**What is body weight lifting called?** Calisthenics, also known as bodyweight training, is a form of exercise that uses the weight of your own body to build strength, endurance, and flexibility. With no need for equipment, it's a popular choice for fitness enthusiasts looking to exercise anywhere, anytime.

**What is the other name for lift?** Some common synonyms of lift are boost, elevate, heave, hoist, raise, and rear. While all these words mean "to move from a lower to a higher place or position," lift usually implies exerting effort to overcome resistance of weight.

**What is the dictionary definition of weightlifting?** the activity of lifting heavy bars to strengthen the muscles, either for exercise or in a competition.

**What is the term of weightlifting?**

**What is the name of weight lifting?** Olympic lifting (also known as weightlifting at the Olympic Games) is a crucial part of many popular workout routines, from CrossFit to a range of strength and conditioning programs.

**What exercise is weight lifting?** Weight training is also known as resistance or strength training. It involves moving parts of your body against some kind of resistance, like weights, resistance bands, weight machines, or even your own body weight. Weight training is an excellent way to build muscle mass and make your muscles stronger.

**What is the sport where you lift weights?** weightlifting, sport in which barbells are lifted competitively or as an exercise. For other activities using weights but distinct from weightlifting, see weight training, bodybuilding, and powerlifting.

**What is the definition of weight training in sport?** Meaning of weight training in English the activity of lifting heavy objects for exercise, especially to improve the strength of muscles and the appearance of the body: I do/go weight training in a gym during the week. Compare. bodybuilding. weightlifting.

**What is the body weight sport called?** Calisthenics (American English) or callisthenics (British English) (*/ˈkælɪsˈtɛnɪks/*) is a form of strength training that utilizes an individual's body weight as resistance to perform multi-joint, compound

movements with little or no equipment.

**What is the term for lifting?** Some common synonyms of lift are boost, elevate, heave, hoist, raise, and rear. While all these words mean "to move from a lower to a higher place or position," lift usually implies exerting effort to overcome resistance of weight.

## **The Silence of the Sea: Exploring the Enigma of Jean Bruller**

### **Introduction**

Jean Bruller's "The Silence of the Sea" is a celebrated novel that explores the complexities of human nature, resistance, and the limits of silence. Set in Nazi-occupied France during World War II, the story revolves around a young French couple who harbor a German officer in their home.

**Q1: Why do the French couple choose to remain silent in the presence of the German officer?**

**A:** The couple's silence stems from a combination of fear, resignation, and a desire to protect their home and each other. They realize that any resistance or conversation could put their lives in danger.

**Q2: How does the presence of the German officer challenge the couple's sense of identity?**

**A:** The officer represents the oppressive force of the Nazi regime and challenges the couple's beliefs and values. Their constant silence becomes a form of passive resistance, even as their sense of identity is eroded by the daily presence of their uninvited guest.

**Q3: What is the significance of the novel's title, "The Silence of the Sea"?**

**A:** The title symbolizes the profound silence that exists not only between the couple and the German officer but also within the hearts of all those who have been silenced by war and oppression. It represents the unspoken resistance and the unspoken suffering of those who endure such hardships.

**Q4: How does the couple's silence evolve over the course of the novel?** \_\_\_\_\_

**A:** Initially, their silence is a coping mechanism, but it gradually transforms into a form of active resistance. By refusing to engage with the officer, they deny him the satisfaction of conversation and control. Their silence becomes an act of defiance.

## **Conclusion**

Jean Bruller's "The Silence of the Sea" is a powerful and thought-provoking novel that exposes the complexities of human nature under extreme circumstances. Through the couple's silence, the author explores the limits of tolerance, the power of resistance, and the profound impact of war on the human spirit.

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### **Skema Mesin Motor Honda CS1: Tanya Jawab**

#### **Pertanyaan 1: Apa itu skema mesin motor Honda CS1?**

Jawaban: Skema mesin motor Honda CS1 adalah diagram yang menggambarkan rangkaian dan koneksi komponen-komponen mesin. Ini menunjukkan bagaimana komponen-komponen ini terhubung dan berinteraksi satu sama lain untuk menghasilkan tenaga. Skema ini sangat penting untuk teknisi dan mekanik dalam memahami, memecahkan masalah, dan memperbaiki mesin.

#### **Pertanyaan 2: Di mana saya dapat menemukan skema mesin motor Honda CS1?**

Jawaban: Skema mesin motor Honda CS1 dapat ditemukan di berbagai sumber, termasuk manual servis, buku panduan, dan situs web tertentu. Anda juga dapat menghubungi dealer resmi Honda atau bengkel resmi untuk mendapatkan salinannya.

#### **Pertanyaan 3: Apa saja komponen utama yang ditampilkan pada skema mesin motor Honda CS1?**

Jawaban: Skema mesin motor Honda CS1 biasanya menunjukkan komponen berikut:

- Silinder

- Piston
- Katup
- Poros bubungan
- Poros engkol
- Karburator atau injektor bahan bakar
- Sistem pengapian
- Sistem pelumasan
- Sistem pendingin

**Pertanyaan 4: Apa pentingnya skema mesin motor Honda CS1 bagi pemilik motor?**

Jawaban: Mengetahui skema mesin motor Honda CS1 dapat bermanfaat bagi pemilik motor dalam beberapa hal, seperti:

- Memahami cara kerja mesin
- Mendeteksi dan memecahkan masalah mesin sederhana
- Berkomunikasi dengan teknisi atau mekanik
- Meningkatkan pemeliharaan dan perawatan rutin

**Pertanyaan 5: Apakah skema mesin motor Honda CS1 berbeda untuk model yang berbeda?**

Jawaban: Ya, skema mesin motor Honda CS1 dapat sedikit berbeda untuk model yang berbeda, tergantung pada tahun pembuatan, spesifikasi, dan fitur mesin. Sangat penting untuk menggunakan skema yang sesuai dengan model spesifik motor Anda agar informasi yang akurat.

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