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Внеаудиторная самостоятельная работа

По дисциплине «Анг. Яз.»

Тема «Спорт»

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«Weightlifting»



Weightlifting is an Olympic sport, based on the performance of exercises to raise the bar above your head. Competitions in weightlifting for today include two exercises: a jerk and a push.



In this kind of sport participate: both men and women.



A jerk is an exercise in which an athlete lifts a bar over his head with one single movement directly from the platform to his fully straightened arms, while simultaneously crouching under it, this is a low sedge or a difference between Popov. Then, holding the bar above his head, the athlete ascends, fully straightening his legs.



The push is an exercise consisting of two separate movements. During the capture of the bar on the chest, the athlete tears it from the platform and lifts it to the chest, while simultaneously crouching ("low gray" or "raznochka Popova"), and then rises. Then he half-crouches and with a sharp movement sends the bar up to the straight arms, simultaneously crouching under it, throwing his legs slightly to the sides (shvung) or back and forth ("scissors"). After fixing the position of the bar above the head, the athlete straightens his legs, placing his feet on one level (parallel), holding the bar above his head.



The bustle above the head is from the chest - an exercise, taking in taking from the platform a bar on the chest (similar to the first movement in the exercise "push") and squeezing it over your head due to the muscles of your hands alone. This exercise was excluded from the competition program in 1972 due to the fact that many athletes began to do a push "push" instead of him - pushing the bar with the chest and the whole body with the help of the leg muscles (use of the sub-section). As a result, the muscles of the hands almost did not participate in this work. At the same time, the difference between an "honest press" and a "trick" judges was very difficult to notice. "Death press", were at a disadvantage. In addition, the press was very traumatic, many were injured in the lumbosacral spine. On the basis of all this, the bench was excluded from the competition programs, but still is the best power exercise and is still used in training weightlifters



Weight categories

Men up to 56 kg to 62 kg to 69 kg to 77 kg to 85 kg to 94 kg to 105 kg over 105 kg

Women up to 48 kg to 53 kg to 58 kg to 63 kg to 69 kg to 75 kg to 90 kg over 90 kg

Years 1905-1913 1913-1946 1947-1950 1951-1968 1969-1976 1977-1992 1993-1997
since 1998

The easiest weight - - - - up to 52 kg to 52 kg to 54 kg -

The lightest weight - - up to 56 kg to 56 kg to 56 kg to 56 kg to 59 kg to 56 kg

Semi-light weight - up to 60 kg to 60 kg to 60 kg to 60 kg to 60 kg to 64 kg to 62 kg

Light weight up to 70 kg to 67.5 kg to 67.5 kg to 67.5 kg to 67.5 kg to 67.5 kg to 70 kg to
69 kg

Welterweight to 80 kg to 75 kg to 75 kg to 75 kg to 75 kg to 75 kg to 76 kg to 77 kg

The average weight is up to 82.5 kg to 82.5 kg to 82.5 kg to 82.5 kg to 82.5 kg to 83 kg
to 85 kg

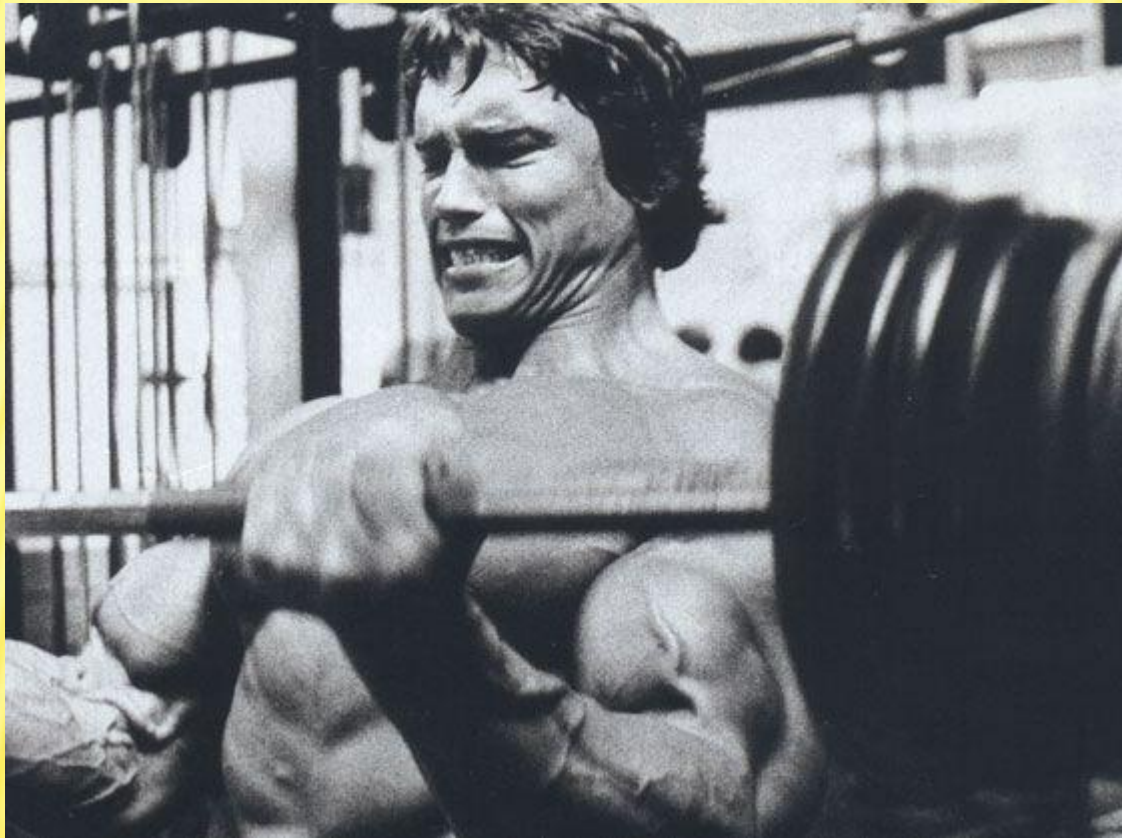
Light heavyweight - - - up to 90 kg to 90 kg to 90 kg to 91 kg to 94 kg

Heavy (First heavy) weight over 80 kg over 82.5 kg over 82.5 kg over 90 kg to 110 kg to
100 kg to 99 kg to 105 kg

The second heavyweight - - - - - up to 110 kg to 108 kg -

Heavyweight - - - - over 110 kg over 110 kg over 108 kg over 105 kg

Our favorite actor also did weight lifting, and achieved very good forms.



dangerous sport!



Спасибо за внимание!