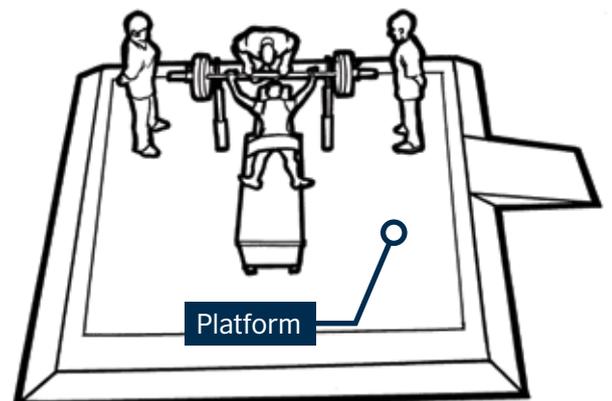
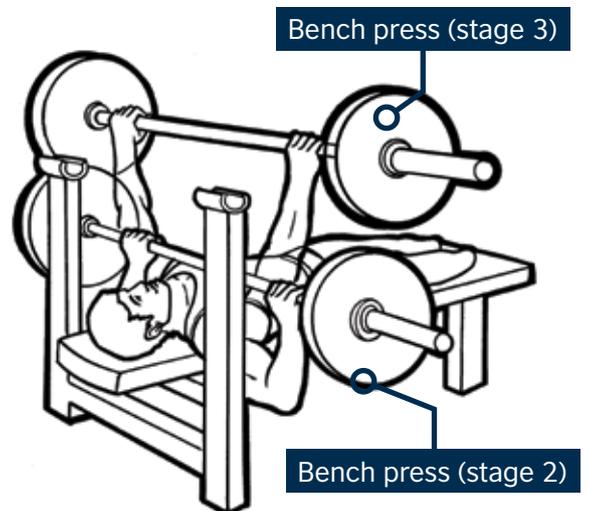
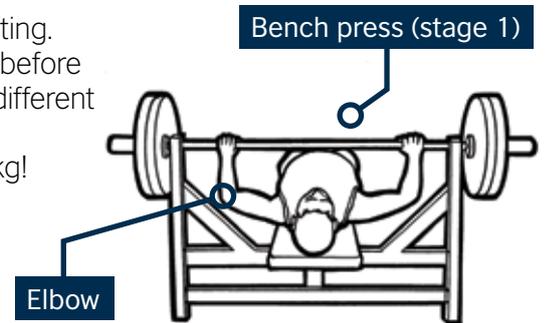
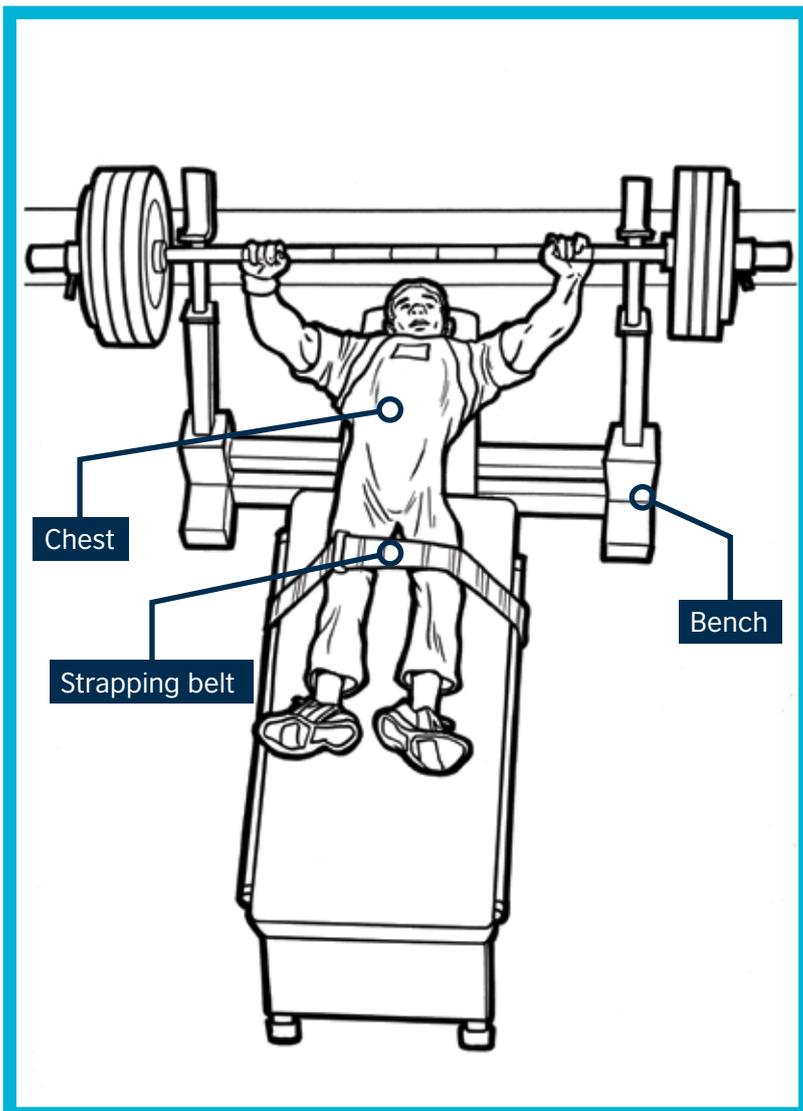


Powerlifting

When athletes come together from around the world to compete in the Olympic and Paralympic Games, they are fulfilling their dreams and competing at the highest level. Billions of people across the globe join in; watching, listening to and reading about the greatest global celebration of sport. To celebrate the London 2012 Games, the British Council is making a wide range of classroom resources available for learners of English worldwide.

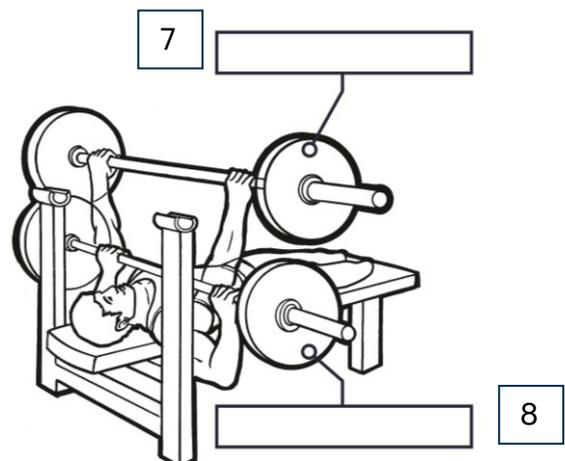
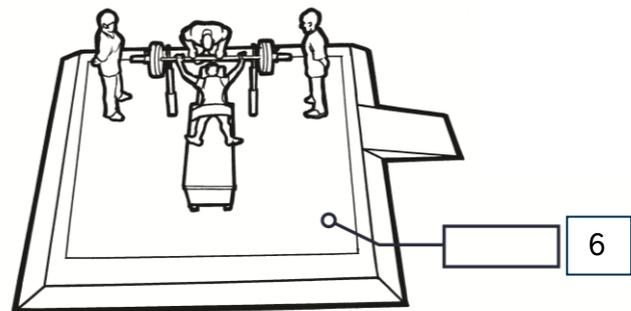
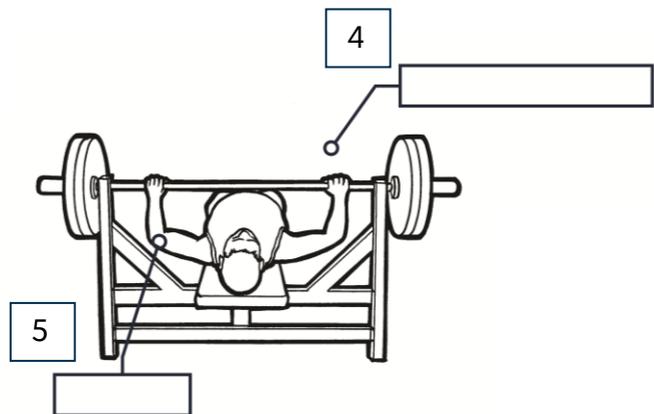
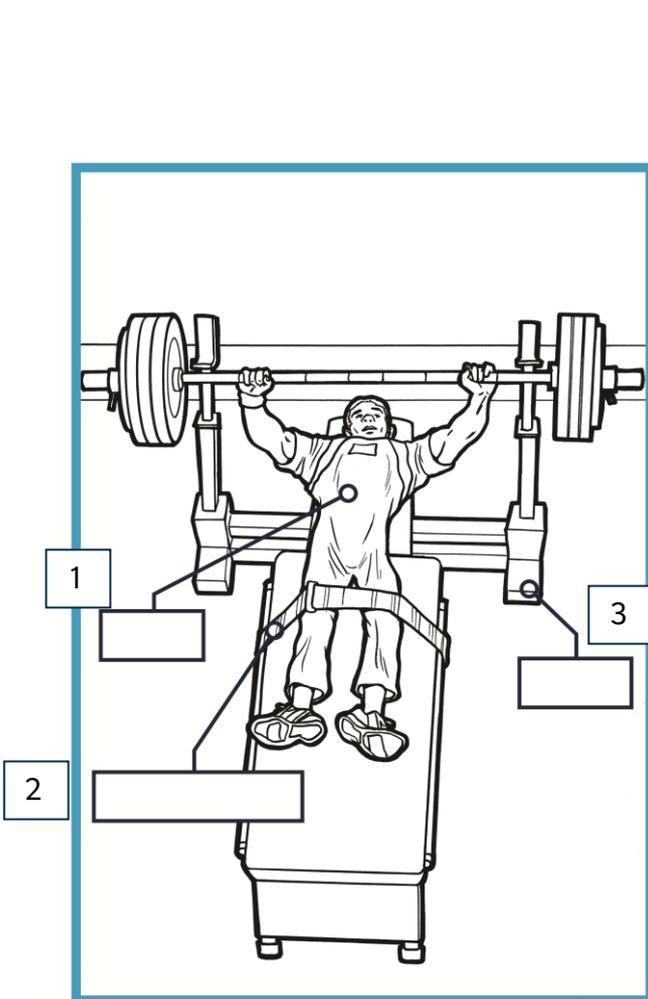
Powerlifting is the Paralympic equivalent of the Olympic sport of weightlifting. There is only one type of lift – the bench press. Athletes lie on their back before lifting the weight. It is one of the Paralympic sports in which athletes with different disabilities compete together. Have you ever tried to do a bench press? How much could you lift? An athlete at the 2008 Paralympics lifted 265 kg!



1. Vocabulary

a. Write the correct words in the spaces provided.

a. Strapping belt	b. Platform	c. Elbow	d. Bench press (stage 1)
e. Chest	f. Bench press (stage 3)	g. Bench	h. Bench press (stage 2)



2. The rules of Powerlifting

What is it?

Powerlifting is a type of weightlifting known as bench-press.

Who can participate in Powerlifting at the Paralympics?

Powerlifting is open to athletes with physical disabilities such as paralysis, cerebral palsy, and lower limb amputations.

There is no classification. Participants are divided into weight categories in the same way as able-bodied weightlifting athletes.

How is it played?

An athlete lies on their back on a bench (a kind of table). They must take hold of the bar in both hands and lower it to their chest. They then hold the bar still, before lifting it upwards to arm's length. At the top of the lift they must keep their elbows locked. An athlete's head, trunk (including buttocks), legs and both heels must be in contact with the bench throughout the lift.

Athletes can be strapped to the bench with a single belt. The belt can be placed at any point on the legs from the ankles to the hips. Athletes with cerebral palsy can use two strapping belts.

Amputee athletes are allowed to lift wearing an artificial limb.

a. Match the words in the table with their definitions below.

a. able-bodied	b. arm's- length	c. bar
d. buttocks	e. chest	f. elbow
g. heel	h. trunk	i. weight category

1. The different groups that athletes are divided into, depending on their weight.
2. Describes someone who does not have a disability.
3. The back part of the foot.
4. The distance from the hand to the shoulder.
5. The main part of a person's body, not including the head, legs or arms.
6. The part in the middle of the arm where it bends.
7. The part of the weight that a weightlifter holds in his/her hands.
8. The part of your body that you sit on.
9. The upper front part of the body, between the stomach and the neck.

3. Reading

Spotting

If you looked up 'spotting' in the dictionary, you would usually see explanations connected with 'seeing' and 'raining'. However, 'spotting' in weightlifting is different and it means supporting another person during a weightlifting exercise. It is particularly common, and recommended, when doing the bench press, which is the type of weightlifting done in Powerlifting. This is because of the risks of lifting a heavy weight while lying on your back.

Spotting takes place during both training and competition. In training, the emphasis is on helping the athlete lift more than he could normally do. Correct spotting involves knowing when to help with a lift, and encouraging your training partner

In competition, the role of the spotter is very important. The athlete may request the help of the spotters when removing the bar from the racks. Of course there is the obvious role of catching the bar in the event of an accident to prevent injury.

But the spotter cannot help the athlete in any way to lift the weight. From the moment the referee gives the signal 'start', to the moment he gives the signal 'rack', the competitor will be disqualified if the spotter touches the bar.

In both training and competition, good spotting involves knowing exactly when you should or should not intervene.

a. Decide if the statements are true or false, according to the text.

1. The word 'spotting' has a different meaning to normal when used to speak about weightlifting.
 - a. True
 - b. False
2. Lying on your back and lifting heavy weights can be dangerous.
 - a. True
 - b. False
3. In training the spotter lifts more than he could normally do.
 - a. True
 - b. False
4. The role of the spotter is not the same in training and in competition.
 - a. True
 - b. False
5. In competition the spotter can touch the bar at any time.
 - a. True
 - b. False

b. Match the words from the text to the definitions.

- | | |
|-------------|------------------|
| 1. helping | a. assisting |
| 2. knowing | b. practising |
| 3. lifting | c. raising |
| 4. removing | d. taking away |
| 5. training | e. understanding |

4. Solution

Exercise 1a

1. e; 2. a; 3. g; 4. d; 5. c; 6. b; 7. f; 8. h

Exercise 2a

1. i; 2. a; 3. g; 4. b; 5. h; 6. f; 7. c; 8. d; 9. e;

Exercise 3a

1. True ; 2. True; 3. False; 4. True; 5. False

Exercise 3b

1. a; 2. e; 3. c; 4. d; 5. b