

APUSH Unit 8: 1945-1980

The Cold War from 1945 to 1980

- The Soviet Union and the United States emerged from WWII as the two dominant world powers, but the communist **Soviet Union** was upset about the ascendancy of the democratic United States
- A **cold war** is a conflict between two belligerents in which neither engages in open warfare with the other
 - More battle of ideologies than battle of violence
- The Russian Revolution in 1917 first alerted the US to communism and now the Soviet Union was trying to spread communism throughout the world rather than contain its beliefs like the US wanted
- Would the world be remade in the image of authoritarian communism or democratic capitalism?
- Events sparking mutual suspicion and distrust between the US and the SU
 - After WWII, FDR (US), Stalin (SU), and Churchill (UK) agreed that eastern European nations would choose their leaders through democratic elections at the **Yalta Conference** but then the SU claimed eastern European nations as a “buffer zone” between them and Germany
 - The US, SU, UK, and France agreed at the end of WWII to divide Germany and Berlin into 4 occupation zones (Berlin was within the Soviet sector of Germany)
 - These divisions were a peacetime necessity but the Soviet’s portion became another communist state
 - SU wanted to keep Germany weak to reduce its threat and extract reparations from them, but western powers wanted to help Germany become economically strong again for stable Europe
 - Winston Churchill’s said “an iron curtain has descended across the continent”
- American response to spread of Soviets and communism
 - **Containment**
 - President Harry Truman issued the **Truman Doctrine**, which advocated the containment of communism by lending support to any country that was threatened by Soviet communism
 - The Truman Doctrine was issued as a result of Soviet pressure on Turkey and Greece to accommodate Soviet Goals
 - Congress agreed to spend \$400 million to fend off Soviet pressure in Turkey and Greece
 - **The Marshall Plan**

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28 5 seconds 15m pace time 28 5 10 2 85 per 5m 15m pace time 2 85 x 3 8 55

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web dec 21 2022 citation 46 this is similar to ar within a usrpt set for example a set is terminated when an individual cannot sustain the prescribed swimming interval velocity on 2 3 occasions see figure 1 rushall citation 44 suggests that day to day life stressors influence a swimmer s ability during training thus the inclusion of ar within