



**Learning Intention:**

**I can demonstrate the correct form when performing push-ups and sit-ups.**

**I can create a personal fitness goal based on my fitness assessment results.**

KY Standards for Physical Education

6.3.PA2. Participate in a variety of physical activities.

7.3PA2

8.3PA2



# *Muscular Strength And Muscular Endurance*

In your own words, define  
Muscular Strength.





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# Muscular Strength

- Muscular strength is the amount of force a muscle can produce for a short period of time.
- Deals with **how** \_\_\_\_\_ a muscle can perform or how much weight you can lift at one time.
  - A. Hard
  - B. Long



# Examples of Muscular Strength

## Weightlifting

The Bench Press

The Leg Press

## Other Muscular Strength and Muscular Strength Endurance

- Push-Up
- Sit-ups
- Squats



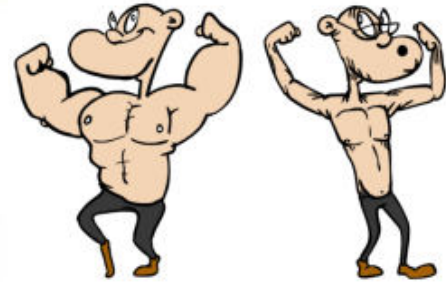


# Muscular Endurance

- Muscular Endurance is the ability of a muscle to repeat an action for extended period of time .
- Deals with **how** \_\_\_\_\_ a muscle can perform or how many times you can lift something without getting tired.
  - A. Hard
  - B. Long

## Muscular Strength Principles

**Use It or Lose It:** if you stop using your muscles, they'll shrink



- **Overload:** In order to get bigger and stronger, you need to use increasingly greater resistance, making your muscles work harder than they're used to. For example, if you can lift 10lb. weights pretty easily for a long time, then you probably should lift a weight that causes you to struggle slightly.

- **Recovery:** Recovery is as important as the workouts themselves. Your muscles need to recuperate and have time to grow back stronger. For muscular strength and endurance activities consider 24-48 hours rest per large muscle group that was focused on.

# Sports

**What are some Sports that  
require Muscular Strength and  
Endurance?  
And why?**







Your  
Turn

What are some benefits of having  
good muscular strength and  
Muscular Endurance?



# Benefits

**Improves your sports performance.**

**Helps with everyday activities** such as carrying your backpack, moving furniture and carrying groceries.

**Leads to stronger bones**

**Decreases risk of bone diseases** such as osteoporosis.

Building muscle also **increases your metabolism**, which means you break down food faster, and are more likely to lose weight.

Developing muscular strengths helps to build strong, healthier muscles and bones. **This helps to develop good posture and relieve back pain.**

You'll have more stability, balance, and flexibility, making injuries and falls less likely.



# Benefits

**Improves your sports performance.**

**Helps with everyday activities** such as carrying your backpack, moving furniture and carrying groceries.

Work longer without getting tired (climbing stairs, walking longer)

**Leads to stronger bones**

**Decreases risk of bone diseases** such as osteoporosis.

Building muscle also **increases your metabolism**, which means you break down food faster, and are more likely to lose weight.

Developing muscular strengths helps to build strong, healthier muscles and bones. **This helps to develop good posture and relieve back pain.**



# FITT Principle

## Muscular Strength

and the FITT Principle

### FREQUENCY

2-3 days a week

### INTENSITY

Maximum capacity - -  
high resistance, low  
reps

### TIME

30+ minutes

### TYPE

Resistance training,  
body weight  
exercises, circuit  
training

## Muscular Endurance

**Frequency**  
3-4 days a  
week

**Intensity**  
Moderate  
Intensity  
Low weight,  
high reps

**Time**  
30-60 minutes

**Type**  
Resistance  
Training  
Bodyweight  
Exercise,  
Circuit Training