



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



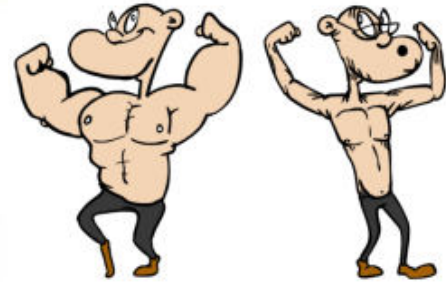
Muscular Endurance

- 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

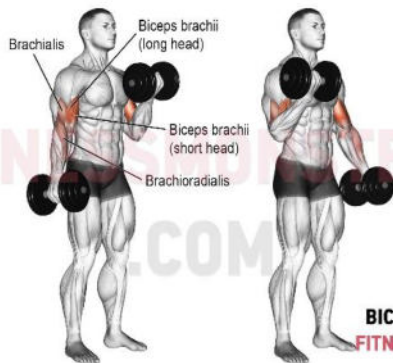
Time
30-60 minutes

Type
Resistance
Training
Bodyweight
Exercise,
Circuit Training



1 Sets

5 Reps = 5 Bicep Curls



BICEP CURL ANATOMY
FITNESSMONSTERR.COM





3 Sets

10 Reps = 30 Tricep Kickbacks





3 Sets

10 Reps = 30 Shoulder Press

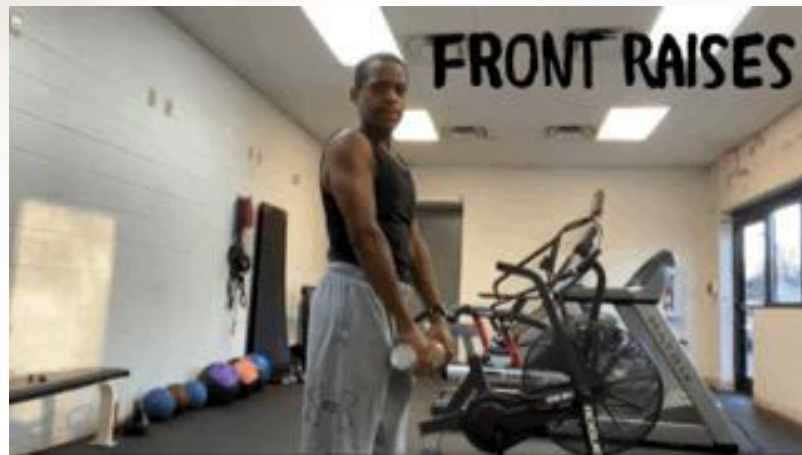
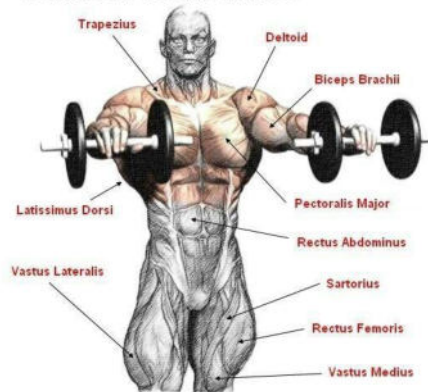




1 Set

8 Reps = 8 Front Raises

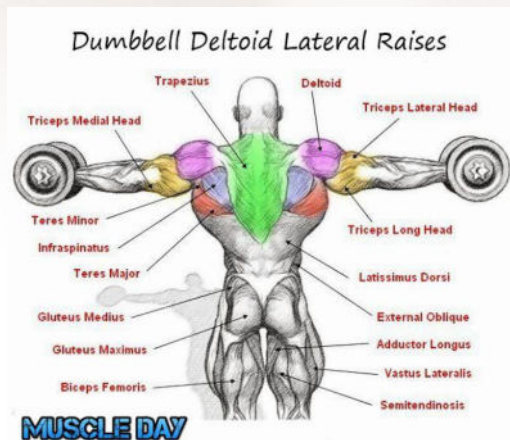
Dumbbell Front Raise





4 Sets

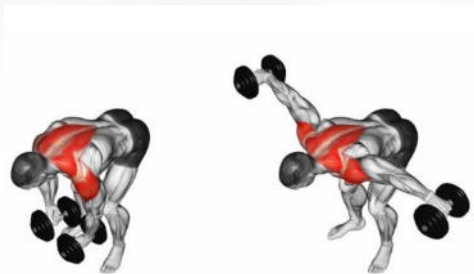
10 Reps = 40 Lateral Raises





1 Set

5 Reps = 5 Reverse Fly

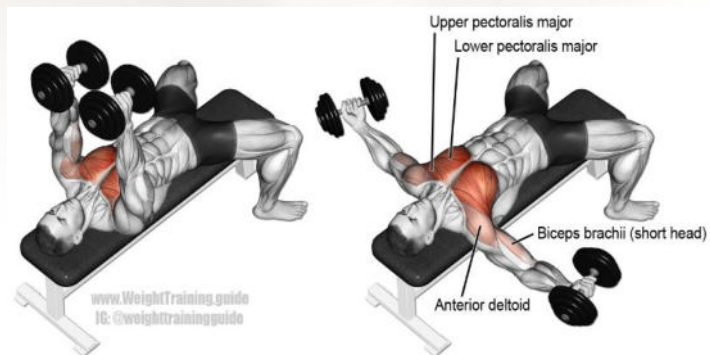


Works upper back muscles



4 Sets

10 Reps = 40 Floor Flies



Heavy weight



Light weight



Smaller number of reps



High number of reps



Longer recovery time



Shorter recovery time



Builds strength and
muscle mass



Builds endurance and
muscle definition

