

Concepts of Muscular Fitness Training

Name _____ Date _____ Class _____

Purpose: To provide the necessary concepts for the development of muscular strength and endurance.

Procedure: Read Chapter 8, and answer the questions below.

1. Briefly define *repetition* as it is used in weight training.
2. Briefly define *sets* as a term used in weight training.
3. Give the minimum and maximum number of repetitions per set for developing strength and endurance.

Number of Repetitions	
Minimum	Maximum

A. Muscular strength

B. Muscular endurance

4. How many sets per exercise should you do for each training session?
5. Check each item listed below as to whether it relates to muscular strength or to muscular endurance.

Muscular Strength	Muscular Endurance
----------------------	-----------------------

A. Low resistance and high number of repetitions

B. High resistance and few repetitions

C. Fast twitch fibers

D. Slow Twitch fibers

E. Red Fibers

F. Isometric exercises

G. Training with 40% of what you can lift one time

H. Lifting between four and eight repetitions per set

I. White fibers

6. Check each statement listed below as to whether the exercise procedure is safe or unsafe.

	Safe	Unsafe
A. A student just beginning a weight training program decides to concentrate on correct lifting form and increasing muscular endurance.	_____	_____
B. One student is competing with another student in regard to how much weight each can lift.	_____	_____
C. A student is attempting to set a new personal best record of six full squats with 120 pounds.	_____	_____
D. Work out with a partner when possible so that each can alternate as the spotter.	_____	_____
E. The student always checks the plates on the barbell to make sure they are properly secured to prevent injury.	_____	_____
F. To save time, the student does not do any stretching exercises along with his weight training program.	_____	_____
G. The student increases overload based upon evaluation results.	_____	_____
H. The student should not go through a full range of motion if she is trying to isolate a muscle.	_____	_____

7. As you walk into the weight room, Jose, Derick, and Doug are working out. For each statement (A-E), indicate which action should be taken by the student. To continue his muscular fitness training program, should the weight be increased, maintained, or decreased?

	Increase Weight	Maintain Weight	Decrease Weight
A. Doug is unable to do the exercises correctly.	_____	_____	_____
B. Jose wishes to increase intensity of the training session.	_____	_____	_____
C. Doug is able to do only four repetitions for the first two sets and three repetitions for the third set.	_____	_____	_____
D. Derick is able to lift the weight eight times for two sets and four times for the third set.	_____	_____	_____
E. Jose is able to lift the weight eight times for all three sets.	_____	_____	_____

ACTIVITY 8-3

EVALUATING MUSCULAR FITNESS PROGRAMS

NAME _____ DATE _____ CLASS _____

PURPOSE: To provide an opportunity to evaluate exercise programs that develop muscular fitness.

PROCEDURE: Review the four programs and identify which plan is the best one for reaching the fitness goal.

1 Name: Spec I. Ficity Age: 14 Resting Pulse: 70

Fitness Goal: Improve muscular endurance - 1-RM: 100 lbs.

	Plan A	Plan B	Plan C	Plan D
Activity:	Golf	Calisthenics	Softball	Bicycling
(F) No. of sessions per week:	1	2	2	1
(I) Intensity:	75 bpm	body weight	80 bpm	80 bpm
(T) No. of reps/sets:	18 holes	15 reps/3 sets	1 game	880 yds.
Other Activity:	—	—	—	—

Which plan is the best one for reaching the fitness goal? _____

Why did you select this plan? _____

2 Name: Toni Tone Age: 15 Resting Pulse: 70

Fitness Goal: Improve muscular endurance - 1-RM: 100 lbs.

	Plan A	Plan B	Plan C	Plan D
Activity:	Wt. Training	Wt. Training	Wt. Training	Wt. Training
(F) No. of sessions per week:	7	5	2	1
(I) Intensity:	60 pounds	90 pounds	35 pounds	75 pounds
(T) No. of reps/sets:	5 reps/1 set	2 reps/1 set	12 reps/3 sets	10 mins.
Other Activity:	skating	swimming	stretching	jogging

Which plan is the best one for reaching the fitness goal? _____

Why did you select this plan? _____

3 Name: Bobby Bicep Age: 14 Resting Pulse: 70
 Fitness Goal: Improve muscular endurance 1-RM: 115 lbs.

	Plan A	Plan B	Plan C	Plan D
Activity:	Wt. Training	Wt. Training	Wt. Training	Wt. Training
(F) No. of sessions per week:	3	3	3	3
(I) Intensity:	50 pounds	60 pounds	40 pounds	95 pounds
(T) No. of reps/sets:	3 reps/3 sets	6 reps/3 sets	15 reps/3 sets	6 reps/3 sets
Other Activity:	—	rowing	skating	—

4 Which plan is the best one for reaching the fitness goal? _____
 Why did you select this plan? _____

Name: Peggy Progression Age: 14 Resting Pulse: 70
 Fitness Goal: Improve muscular endurance 1-RM: 115 lbs.

	Plan A	Plan B	Plan C	Plan D
Activity:	Wt. Training	Wt. Training	Wt. Training	Wt. Training
(F) No. of sessions per week:	3	3	3	3
(I) Intensity:	80 pounds	80 pounds	40 pounds	90 pounds
(T) No. of reps/sets:	1 rep/3 sets	4 reps/3 sets	15 reps/3 sets	20 reps/3 sets
Other Activity:	stretching	stretching	stretching	stretching

Which plan is the best one for reaching the fitness goal? _____
 Why did you select this plan? _____