NAME:_____ DATE:_____

# IMPROVING MUSCULAR STRENGTH AND ENDURANCE

Fill in the Blanks with the word that completes the statement or phrase. The word begins with the capital letter before the blank.

| Types of Muscle | Muscular Contraction | Muscle Action | Muscle Fiber Type | Strength Factors | Assessment Test |
|---|---|---|---|---|---|
| **S**_____ muscle is found in the walls of the body organs (stomach, intestines, etc. )<br><br>**C**_____ muscle is found only in the heart<br><br>**S**_____ muscle is found throughout the body, covering and attaching the skeleton | ***ISOTONIC:***<br>Results in **M**_____ of a body part<br><br>Also called **D**_____ training<br><br>***It is the Most common form of movement***<br><br>***ISOMETRIC:***<br>Contraction with little or **N**_____ movement; also referred to as **S**_____ training<br><br>Exercises performed at a constant speed by using a special machine are a type of Isotonic contraction referred to as **I**_____ contractions. | **Phases of Muscular Contraction**<br><br>***CONCENTRIC:***<br>Known as **P**_____ work, during which the muscle **S**_____ (or contracts) against **R**_____ or **G**_____.<br><br>***ECCENTRIC:***<br>Also called **N**_____work.<br><br>Muscle develops tension as is **L**_____. | ***SLOW-TWITCH:***<br>Contracts **S**_____<br>Resists **F**_____<br>Appearance is **R**_____ in color<br>Produces large quantities of ATP through the **A**_____ energy system.<br><br>***FAST-TWITCH:***<br>Contracts **Q**_____<br>Generates a great amount of force, but is quick to **F**_____<br>Appearance is **W**_____ in color.<br>Produces energy **A**_____. | Strength is determined by:<br><br>Muscle **S**_____ ( the primary factor)<br><br>Muscle fiber **R**_____.<br><br>Which happens first, and which is the best determining factor?<br><br>First: _____<br><br>Determining Factor:<br><br>_____ | The 1 RM (one repetition maximum) test is used to measure **M**_____ _____.<br><br>**Terms**<br><br>**A**_____ is a decrease in muscle size.<br><br>A loss of muscle mass, strength and function associated with aging is known as **S**_____.<br><br>**C**_____ training focuses on the abdominal and lower back muscles.<br><br>**F**_____ training mimics real-life movement patterns. |