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