

**PE COURSE CONTENT 11.1  
MUSCULAR FITNESS**

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

**1. DEFINE**

a. Muscular fitness

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b. Muscular endurance

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More repetitions or fewer repetitions? \_\_\_\_\_

Lighter weights or heavier weights? \_\_\_\_\_

c. Muscular strength

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More repetitions or fewer repetitions? \_\_\_\_\_

Lighter weights or heavier weights? \_\_\_\_\_

**2. DEFINE AND GIVE EXAMPLES** of the following methods for achieving muscle fitness:

a. Weight Training  
Definition

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Examples

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b. Calisthenics  
Definition

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Examples

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c. Isometric Exercise  
Definition

\_\_\_\_\_

Examples

\_\_\_\_\_

d. Resistance Bands  
Definition

\_\_\_\_\_

Examples

\_\_\_\_\_

e. Core training  
Definition

\_\_\_\_\_

Examples

\_\_\_\_\_

3. Go to WDHS>Curriculum>H/PE>Weight training

Of the **STRENGTH TRAINING BENEFITS** listed here, list **6 THAT YOU FEEL ARE MOST IMPORTANT TO YOU.**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. \_\_\_\_\_

4. **LIST GUIDELINES** for resistance training

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

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- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_

5. **DEFINE** the following:

a. Principle of Individual differences

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. Principle of Overload

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. Principle of Progression

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

d. Principle of Adaptation

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

e. Principle of rest and recovery

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

f. Principle of Reversibility (use/disuse)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

g. Principle of Specificity

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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6. **DEFINE** components of the F.I.T.T. Principle of Training as it pertains to resistance training.
- a. **FREQUENCY:** explain

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For resistance training

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- b. **INTENSITY:** explain

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For resistance training

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- c. **TYPE:** explain

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For resistance training

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- d. **TIME:** explain

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For resistance training

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**9. EVALUATE YOUR PROGRAM**

- a. Did your program include a minimum of 2 days of strength training?
- b. What are all the things that you liked about your program?
- c. What are the things that you disliked about your program?
- d. Was it difficult to stay with the program? If so, why?
- e. Do you think you will continue doing your workouts? Why or why not?
- f. Did your body feel any differently due to your workouts? Explain.
- g. Was your mood affected by your workouts? Explain.