

7th Grade Muscular Strength and Endurance Review Sheet

1. Be able to identify the following muscles and exercises that build those muscles:

- Pectorals
- Latissimus Dorsi
- Spinal Erectors
- Rectus Abdominis

2. Be able to apply the concepts of Muscular Strength and Muscular Endurance to real life situations. For example:

You need to lift the corner of the couch to remove something from behind it, do you need muscular strength or muscular endurance to lift the couch.

You're walking to the park with your 3 year old brother; he gets tired and needs to be carried. Do you need muscular strength or muscular endurance to do this?

3. Know the difference between an isometric and non-isometric exercise.

- a. Is a wall sit an isometric and non-isometric exercise?
- b. Is a squat an isometric and non-isometric exercise?

4. Know proper lifting and breathing techniques and back safety guidelines.

5. Be able to identify the benefits of weight training.

6. Know rules regarding use of the equipment in the fitness center.

7. Know these vocabulary terms:

- Set
- Repetition
- Isometric contraction
- Rest interval

8. Be able to apply the F.I.T.T. Formula to the muscular strength and muscular endurance fitness components.