

8^h Grade Muscular Strength and Endurance Review Sheet

1. Be able to identify the following muscles and exercises that build those muscles:
 - Gastrocnemius
 - Trapezius
 - Deltoids
 - Obliques
 - Gluteus Maximus
2. Know the difference between Muscular Strength and Muscular Endurance.
3. Know proper lifting and breathing techniques and back safety guidelines.
4. Be able to identify the benefits of weight training.
5. Know rules regarding use of the equipment in the fitness center.
6. Know the following terms and their definitions:
 - Principle of Progression
 - Principle of Overload
 - Principle of Specificity
 - Body Composition
7. Be able to apply the F.I.T.T. Formula to the muscular strength and muscular endurance fitness components.