Answer Key—Muscular Strength and Endurance

Muscular Strength and Endurance Activity 1

Evaluation
1. Which activities required very fast powerful motions to perform? Wall jump, plyometric push-ups
2. What was the relationship between heart rate and those powerful activities? Heart rate went much higher for powerful movements
3. Which activities were more for endurance? Jump rope, crunches, crab walk
4. Which of the 6 muscle groups were used? All
5. Why are different types of strength needed? Some strength is needed for repetitive movements, other strength is needed to carry heavy objects, other strength is needed in sports performance where you most move quickly

Muscular Strength and Endurance Activity 2

Evaluation
1. Which resistance exercise generated the highest heart rate? Why? answers will vary. Abdominals; leg press; leg curl; those that used the bigger muscles or had a larger range of motion.
2. Which resistance exercise generated the lowest heart rate? Why? bicep curl or triceps extension—used smaller muscles
3. Did any activities generate a heart rate over 145 BPM? Why or why not? Answers will vary. Not enough continuous movement—intensity of weights was too low—too much time between exercises
4. What kind of strength would you need to jump higher and faster in basketball? elastic strength
5. What kind of strength would you need to move your refrigerator? Muscular strength
6. Give two examples where you might use muscular endurance? Pull-ups, push-ups, etc.
7. What are the six muscle groups that need to be targeted in a workout? Arms, shoulders, back, chest, abdominals, and legs
8. How many times a week could I perform this workout? 2–3 times with 24 to 48 hours in between

Muscular Strength and Endurance Activity 3

Evaluation
1. What activities were calisthenic? What was your average heart rate for those activities? Crunches, jumping jacks, jump rope. Avg HR will vary
2. What activities were static? What was your average heart rate for those activities? pec push, door jam press. Avg HR will vary
3. What activities were dynamic with weights? What was your average heart rate for those activities? lunges, chest press. Avg HR will vary
Muscular Strength and Endurance Activity 4

Evaluation

1. How long was your resistance workout? *Answers will vary—15–30 minutes*

2. How much of that time were you in your THR Zone? *Answers will vary*

3. Can a muscular resistance training also be a cardiovascular workout?
   Explain. *Yes, I can perform aerobic activities between sets. I could increase my resistance. I could shorten the time between sets.*