

Fitness for Life

Chapter 11 – Chapter review

1. Muscular endurance is the amount of force a muscle can exert.
2. Hypertrophy refers to an increase in muscle fiber size.
3. A person can become Muscle bound if he or she does strength training improperly by developing some muscles while ignoring others.
4. When you do calisthenics to develop strength, you use your body weight as the resistance.

Next to each number, write the letter of the best answer.

- |                           |   |   |   |
|---------------------------|---|---|---|
| 5. Isometric exercise     | c | a | muscle fitness exercise that regulates velocity                   |
| 6. weightlifting          | e | b | the maximum amount of weight a group of muscles can lift one time |
| 7. progressive resistance | e | c | exercises in which the muscles do not move                        |
| 8. isokinetic exercise    | e | d | muscle fitness exercise that involve movement                     |
| 9. 1 RM                   | e | e | the gradual increase of weight used in strength training          |
| 10. isotonic exercise     | d | f | a sport, not a method of training                                 |

11. How do strong muscles help you look better and prevent health problems?  
*looks good, good posture*
12. Why can't preteens build as much muscle size as older teens?  
*Do not produce enough hormones*
13. Why should you assess your strength before you start a strength-training program?  
*so you don't over exert yourself*
14. Why should you gradually increase the amount of weight you use?  
*The muscles get stronger*
15. How often should you do your strength training program?  
*two to three days a week*