

LESSON PLANS FOR CHAPTER 11: MUSCLE FITNESS: BASIC PRINCIPLES AND STRENGTH

Activity 11.1 – Partner Resistance Exercises

LESSON OBJECTIVES

Students will perform exercises with a partner to build strength and muscular endurance.

EQUIPMENT NEEDED

Bath towels (1 per 2 students), mats, benches, CD player and *Sound Track for Physical Education Volumes 1 and 2*

ANCILLARIES AVAILABLE

Activity Cards 111-118: Partner Resistance Exercises

ORGANIZATION

1. Have students choose a partner that is of a similar size and strength.
2. Refer students to the Partner Resistance Exercises worksheet.
3. Ask for volunteers to help demonstrate each exercise.
4. Have students follow the directions on the worksheets.

WORKSHEET

Partner Resistance Exercises (PA 11-1)

Lesson 11.1 - Muscle Fitness Basics

VOCABULARY

absolute strength, calisthenics, fast-twitch muscle fibers, hypertrophy, intermediate muscle fibers, isokinetic exercise, isometric contraction, isotonic contraction, one repetition maximum (1RM), progressive resistance exercise (PRE), relative strength, reps, set, slow-twitch muscle fibers

LESSON OBJECTIVES

1. Explain the difference between strength and muscular endurance.
2. Describe some of the health benefits of muscle fitness.
3. Describe the various types of muscles and muscle fibers.
4. Describe some of the methods of progressive resistance exercise used to improve muscle fitness.

CONTENT (OPENER, TEACHING OUTLINE [QUESTION/ANSWER FORMAT], CLOSING)

Opener: Ideas to open this lesson can include: The teacher can show photos of people involved in activities, some involving strength (e.g., weightlifting, football, discus throw) and others involving endurance (swimming, cycling, mountain biking); in small groups the students can discuss the types of resistance training that would be most suitable to these activities; in small groups the students can be asked to list the resistance exercises a person playing a particular sport (e.g., softball, rowing, tennis) might do;

Muscle Fitness Basic Principles And Strength Answers

**California Association for Health,
Physical Education, Recreation and
Dance**



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Fitness for Life Charles B. Corbin,Ruth Lindsey,2007 A high school textbook designed to promote lifelong fitness and well being encouraging students to develop an effective entertaining exercise and nutrition program explaining the benefits of good health and describing various types of fitness activities *Sport Physiology for Coaches* Brian J. Sharkey,Steven E. Gaskill,2006 The authors explain the principles of muscular and energy fitness training and describe the step by step procedures to follow in applying the principles to a variety of sport programmes for secondary school level athletes

Fitness for Life: Middle School-2nd Edition Corbin, Chuck B.,Le Masurier, Guy,Lambdin, Dolly,2017-09-06 Fitness for Life Middle School Second Edition offers new material and resources including a new interactive web textbook for students and online bundle for teachers With this text you will be able to integrate fitness concepts into core curricula engage students in using technology in their healthy lifestyle planning and address all current guidelines and standards

Concepts of Physical Fitness Charles B. Corbin,Gregory Welk,Ruth Lindsey,1996-10 *General Principles and Merits of Yoga, Or, Tissue-will System of Body and Mind Perfection, and the Highest Technique of Concentration and Meditation* Yogananda (Paramahansa),Swami Dhirananda,1923 Exercise Physiology Stanley P. Brown,Wayne C. Miller,Jane M. Eason,2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text Sport Physiology Study Guide Stephen C. Jefferies,1986 *Clinical Decisions in Therapeutic Exercise* John Nyland,2006 Accompanying CD ROMs contain a resource library of additional figures and animations to supplement the text and a working demonstration version of VHI PC Kits which allows students to choose from thousands of exercises to create customize and print easy to read professional looking exercise routines for clients Page 4 of cover **Journal of Health, Physical Education, Recreation** ,1940 **The Boston Medical and Surgical Journal** ,1910 *Muscle Building* Luther Halsey Gulick,1905 *The ... Year Book of Obstetrics and Gynecology* ,1918

Water-cure Journal ,1871 Herald of Health ,1871 *CAHPERD Journal Times* California Association for Health, Physical Education, Recreation and Dance,1993 Track & Field Quarterly Review ,1992 *Personal and Community Health* Clair Elsmere Turner,1963 **Exerstyle** Philip Mazzurco,1985 **A Monograph on Ocular Orientation** Edward Hamlin Hazen,1923 *Medical Books and Serials in Print* ,1984

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