

## 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

**S Marginson**



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