

Muscular Strength and Muscular Endurance Pre-Assessment Guide

Matching: Match the vocabulary word on the left to the best definition listed on the right. Record your best answers in the space provided.

Name: _____ **Period:** _____

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|-----------|-----------------------------|----|---|
| _____ 1 | Intensity | a. | Muscular strength will improve to only those muscles used during strengthening exercises. |
| _____ 2 | Time | b. | Increasing the workload of a particular muscle group to above normal levels. |
| _____ 3 | Overload | c. | The workload needs to increase over time to develop strength. |
| _____ 4 | Progression | d. | Training should be performed 3 days a week with a day of rest between workouts. |
| _____ 5 | Frequency | e. | The degree of exertion put forth by the body during exercise. |
| _____ 6 | Specificity | f. | 20-30 minutes of strength exercises. |
| _____ 7 | Circuit training | g. | A routine of selected exercises performed in sequence at individual stations with running in-between exercises. |
| _____ 8 | Interval training | h. | The ability of the muscle to lift maximum forces against a resistance. |
| _____ 9 | Muscular strength training | i. | The ability of the muscle to exert a force repeatedly for longer periods of time. |
| _____ 10. | Muscular endurance training | j. | Exercises performed at high intensity for a short duration with brief rest periods between exercises. |