

Video Worksheet: The Benefits of Strength Training _____ /19mks

Complete the statements below using the word bank provided.

1. Muscle tissue makes up _____ of the body.
2. Muscle fibers are wrapped in a connective tissue called the _____.
3. The two proteins inside the muscle are called _____ & _____.
4. Eccentric contraction: the muscle develops tension as it _____.
5. _____ contraction: the muscle doesn't move but tension is created.
6. Slow twitch muscle fibers are slow to contract and slow to fatigue and therefore are best suited for _____ type sports.
7. Fast twitch muscle fibers contract quickly but also _____ quickly.
8. An individual's muscle fiber type is determined by _____.
9. Strength training injures the muscle causing small _____ in the cell structure. Cells are drawn in to the area to _____ the muscle with protein, and the muscle fiber _____ in size.
10. Muscle growth is also called _____.
11. Strength training increases _____ & decreases the risk of developing _____.
12. If an individual stops exercising regularly, some of the improvements in muscle mass & bone density will be lost. This is the _____ principle.
13. Alternating workouts between upper body & lower body (push/pull routine) is called a _____.
14. In order to _____ plateauing exercisers should change the order of their exercises, change the weight lifted, repetitions, sets, and rest intervals.
15. Ignore the _____. Muscle fiber is denser than fat. Therefore you may be gaining weight but losing inches in body fat.

Scales	40%	Split Routine	Hypertrophy	Endurance
Isometric	Myosin/Actin	Lengthens	Avoid	tears
Fatigue	Genetics	Reversibility	Repair	Epimysium
Increases	Bone Density	Osteoporosis		