

5 Measures of Fitness: Muscular Strength & Endurance

Summary

Students will be able to identify and explain the importance of muscular strength and endurance. They will attempt and practice the examples.

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.2:](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Pairs

Life Skills

Thinking & Reasoning, Systems Thinking

Materials

Computers
organizers
projector

Background for Teachers

Teacher needs to understand the muscular system and how to care for it. He/she needs to know exercises which promote muscular strength and endurance.

Student Prior Knowledge

Students need to understand what a body system is.

Intended Learning Outcomes

Students will be able to explain how to increase and maintain muscular strength and muscular endurance.

Instructional Procedures

Bellwork: With a partner students will list as many words and concepts which come to mind with the word fitness. We will have a short class discussion to gather ideas. 5 minutes

Define fitness: the condition of being physically fit and healthy. Watch Digital Science Online video about muscles and discuss. 10 minutes

Students will use the interactive tool on ScienceNetLinks to learn a little more about muscles. 10 minutes Discuss the difference between muscular strength and muscular endurance.

Students will watch the fitness assessment on Hippocampus and practice with a partner. During practice the music from Soundzabound will be playing. 10 minutes

Short class discussion to tie all concepts together.

Strategies for Diverse Learners

Kinesthetic learning, repetition, hands-on, research

Extension: Students will watch the National Geographic Space Gym video to learn about fitness in space.

Extensions

Analyze their fitness routines and make a plan for muscular strength and muscular endurance improvement. Hippocampus has good videos outlining upper and lower exercises to do at home.

Authors

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