

FORM 2.10 **Thinking About Muscular Strength and Muscular Endurance**

Name \_\_\_\_\_

**Directions:** Complete the following statements about muscular strength and endurance by using the words provided.

1. Strength is being able to produce a lot of \_\_\_\_\_ with one strong movement.
2. Endurance is the ability to use the muscles over and over without getting \_\_\_\_\_.
3. People with healthful levels of muscular strength and endurance have better \_\_\_\_\_.
4. Muscular strength and endurance are both components of \_\_\_\_\_-related fitness.
5. When you use your abdominal muscles to perform many curl-ups, you are performing a muscular \_\_\_\_\_ activity.
6. When you try to throw a ball as far as you can, you are using muscular \_\_\_\_\_.
7. Muscular strength is a \_\_\_\_\_ of energy. It involves using the muscles one time in a forceful movement.
8. Riding a bicycle a long distance requires a lot of muscular endurance in your \_\_\_\_\_.
9. Hitting a ball with a bat a long distance requires strength in the muscles of your \_\_\_\_\_ body.
10. To build muscular strength and endurance, you can choose exercises that require your muscles to do \_\_\_\_\_ than they normally do.

tired                      force                      posture                      health                      endurance  
strength                      burst                      legs                      upper                      more

**Scoring:** The number of correct answers \_\_\_\_\_ divided by the number of possible answers \_\_\_\_\_ equals the percentage of correct answers \_\_\_\_\_.