

Muscle Madness

Task Sheet:

1. Identify the muscle group
 - a. Muscle name and location
 - b. Body location
2. Muscle Function
 - a. Describe how the muscle functions
 - b. What does it mean to be strong?
 - c. Provide 3 examples on how this muscle functions in daily tasks
3. How are muscles fueled?
 - a. nutrition
4. How are muscles strengthened?
 - a. Training principles
 - i. FITT
 - ii. Overload, progression and specificity
 - iii.
5. What are some health-related benefits from working on muscular strength and endurance?
6. What are some health-related benefits from working on flexibility?
7. Identify at least 3 tasks a person can do to develop muscular strength in the following categories.
 - a. With weight machinery (identify what will be used)
 - b. With hand weight, cords or bands
 - c. No equipment or prop
8. Identify at least 3 tasks a person can do to develop flexibility in the following categories.
 - a. With props
 - b. No equipment or props
9. TASKS: For each muscular strength and flexibility task (exercise or lift)
 - a. Identify steps for performance
 - i. Biomechanical principles
 - b. Identify safety principles
 - i. Breathing
 - ii. Spotting
10. Practice Presentation
 - a. Peer review
11. Presentation
 - a. Materials and equipment needed
 - i. AV
 - ii. Exercise equipment
 - iii. Instructional material
 - b. Introduction
 - i. Media?
 - c. Content
 - i. Media?
 - d. Activity time
 - i. Equipment needed
 - ii. List of activity in order they will be done
 - e. Close