

January 14-18, 2019

Day: 2 Muscle Strength and Endurance

Questions to Answer: Exit Slip #1

1. What is the difference between lifting for strength versus lifting for endurance?
2. How can you modify an exercise for either progression or regression based upon the ability level of the person?
3. What is the difference between a sprain and a strain for injuries and what does the acronym PRICE represent for healing an injury?

Focus Points:

1. Completion of worksheet #3-14 through use of power point and exercise practice.
2. Identify the names of muscles and names of bones.
3. Explain the movements of the muscles and which types of exercises are used to increase hypertrophy. (free weights, bands, body weight, HIIT, exercise ball, etc. )
4. Analyze how to modify exercises for progression and regression exercise can safe for all participants. (Level 1 (no base strength), Level 2 (moderate base strength), and Level 3 (athlete or performance based)).
5. Tendons, Muscles, Ligaments, Sprains, Strains, PRICE acronym, and common injuries as well as osteoporosis and scoliosis.

Assignment: Exit Slip #1 Due at the end of the class.