

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Due: 3days after \_\_\_\_\_

**PE Written Assessment**

**(for students who are absent from classtime)**

**Directions:** Complete this assignment and email to your teacher. This assignment is worth one PE class period.

1. Define Muscular Endurance.
  
2. Give 5 examples of Muscular Endurance activities.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
3. Choose 3 of the above activities and explain why they are considered to be Muscular Endurance activities.
  - 1.
  
  - 2.
  
  - 3.
  
4. Explain how Muscular Endurance activities will benefit your overall health. (30 words or more)
  
  
5. How might Muscular Endurance activities be different for an individual who participates in cross country compared to an individual who participates in boxing/mixed martial arts? (30 words or more)