

Kearny High School Physical Education  
Medical Exemption Assignment  
2 WEEKS

**Benefits of Strength Training and Exercise**



### Assignment Rationale

Students who participate in strength training programs can significantly improve general health, muscular fitness, and body composition. Increased levels of muscular strength can also lead to improved sport performance and decreased risk of injuries.

### Assignment Description

**Student will:**

- Research the benefits of strength training and muscular fitness. Go to the Centers for Disease Control and Prevention website for information on muscular conditioning and read Harold and Maria's stories here (scroll down): [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html). Another resource you may use is the U.S National Library of Medicine website's section on children and exercise [www.nlm.nih.gov/medlineplus/exerciseforchildren.html](http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html).
- Based on what you read on the CDC website, answer the questions below in complete sentences.
  1. How often should you participate in a muscular conditioning program?
  2. Success stories - What exercises and/or activities does Maria participate in to strengthen her muscles? How often? For how long?
  3. Success stories - What exercises and/or activities does Harold participate in to strengthen his muscles? How often? For how long?

1. **Page One.**

- a. Define the following:
  - i. strength training
  - ii. atrophy
  - iii. hypertrophy
  - iv. overload
  - v. progression
  - vi. specificity
  - vii. circuit training (muscular)

2. **Page Two-Four.**

Describe the following types of strength training exercises and how each can be incorporated into a strength training program at home and in a fitness center.

- i. Body weight exercises
- ii. Resistance bands
- iii. Medicine balls
- iv. Free weights (dumbbells and barbells)
- v. Strength training machines

3. **Page Five.**

Diagram the human body including the following major anterior muscle groups: Pectorals, Biceps, Rectus abdominis, Obliques, and Quadriceps.

4. **Page Six.**

Diagram the human body including the following major posterior muscle groups: Trapezius, Deltoid, Triceps, Latissimus dorsi, Gluteus Maximus, Hamstrings, and Gastrocnemius.

5. **Pages Seven – Thirteen**

Identify exercises for specific muscles or muscle groups. Design a page for each of the following muscle groups: Back, Chest, Arms (biceps and triceps), Legs (quadriceps, hamstrings), Shoulders, Abdominals and Calves. Cut pictures out of magazines or go online and print out examples. Paste your favorite exercise pictures in your strength training booklet. This part of the assignment can also be completed electronically by pasting images into a word document.

- a. Include at least three images for each muscle group. One image must be an exercise you can do at home with little to no equipment.
- b. List the muscles that each exercise focuses on next to the exercises in the booklet.
- c.

6. **Page Fourteen:** Cite all resources used to find the information in part two (1-6).

## Assignment Grading

Students will be graded on the following:

Completion of the questions on fitness and conditioning.	25 points
Completion of the booklet of strength training exercises.	25 points
Accuracy of information included in booklet.	25 points
Thoroughness of information contained in booklet.	25 points