Skills Worksheet MUSCULAR SYSTEM

Life Skills: Express Lesson

Practicing Wellness – Pgs. 136 & 141

EXERCISING YOUR MUSCLES

Your muscles can be exercised in two different ways. Exercise that causes strong contractions of the muscle fibers will result in increased muscle size. Aerobic exercise, which causes moderate contractions, increases the flow of oxygen to the tissues, resulting in greater muscular endurance.

Classify the following activities as resulting in greater muscle size “S” or increased endurance “E.” Write the letter of your answer in the blank space provided.

1. light jogging

2. sit-ups

3. baseball batting practice

4. riding a bicycle

5. lifting weights

6. swimming

7. in-line skating

8. pull-ups

9. playing soccer

10. mowing the lawn   
with a push mower

11. When you exercise, you should spend a few minutes stretching your muscles during warm-up first. What do you think is the purpose of stretching?

12. When you finish exercising, you should go through a “cooldown” period during which you keep moving slowly until your breathing rate and heart rate slow and return to normal. What do you think is happening during that cooldown period?