

LECTURE #8 NOTES

OBJECTIVES

- Define strength
- How do you measure strength
- Know the different ways a muscle acts
- Describe differences between training methods
- Know the relationships between force, speed of muscle action, number of repetitions and training protocols

DESCRIBE DIFFERENT OBJECTIVES FOR STRENGTH TRAINING

LIST DIFFERENT TERMS COMMONLY USED IN STRENGTH TRAINING

Describe different issues related to measuring strength

What is overload and how do you measure it?

List the four kinds of muscle action.

Describe the relationship between force and velocity of muscle action.

Describe the relationship between power and velocity of muscle action.

Describe the relationship between load lifted and number of repetitions.

Absolute versus relative strength.

Describe different systems of resistance training.

Compare strength training systems.

List factors that affect resistance training.

Muscle fiber adaptations to overload training.

Cardiovascular adaptations to overload training.

Body composition adaptations to overload training.

DOMS