Lecture #8 Notes Page 1

## **LECTURE #8 NOTES**

## **OBJECTIVES**

- Define strength
- How do you measure strength
- Know the different ways a muscle acts

## DESCRIBE DIFFERENT OBJECTIVES FOR STRENGTH TRAINING

- Describe differences between training methods
- Know the relationships between force, speed of muscle action, number of repetitions and training protocols

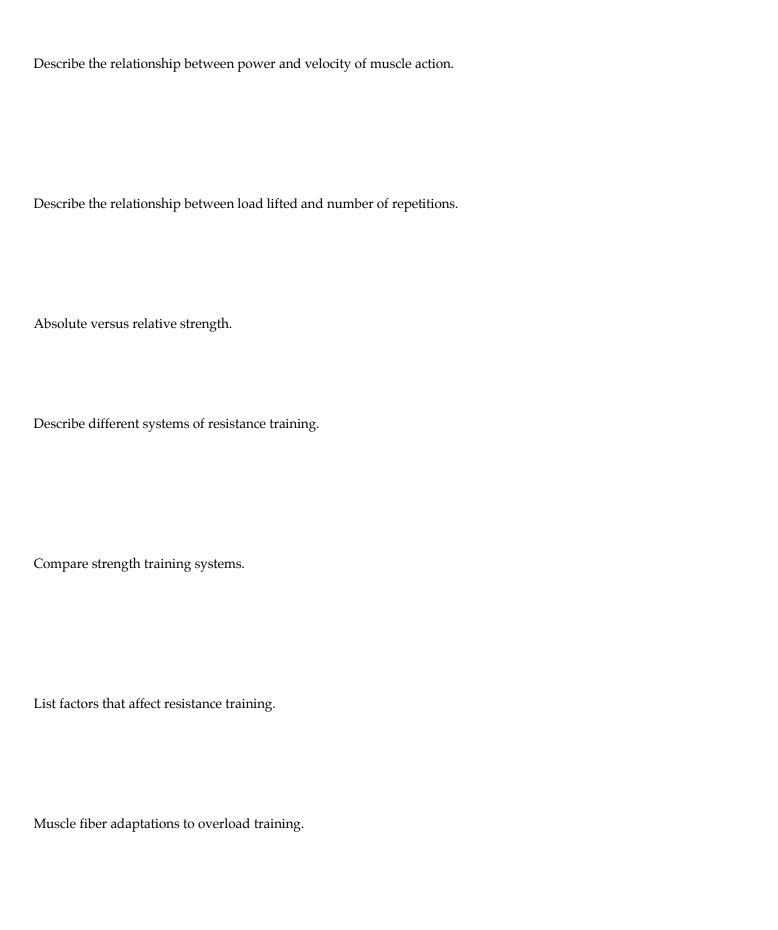
LIST DIFFERERNT TERMS
COMMONLY USED IN STRENGTH
TRAINING

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.



Cardiovascular adaptations to overload training.

Body composition adaptations to overload training.

DOMS