PE Make-Ups (1 day option)

Directions: Print and complete this assignment and return to your teacher.

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 activity will benefit your overall health. (30 words or more)

5. How might muscular endurance activity be different for an individual who is thin compared to an individual that is obese? (30 words or more)