

Reteaching Activity 9-3

Directions: Resistance training myths are on the left, facts to refute those myths are on the right. Place the letter of the fact in the blank next to the myth it corrects.

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| <p>_____ 1. Females who lift weights will develop big, bulky muscles.</p> <p>_____ 2. Female muscles will not develop increased strength.</p> <p>_____ 3. Weight training is harmful to children and teens.</p> <p>_____ 4. Older adults should avoid weight training.</p> <p>_____ 5. Anyone can become a body builder.</p> <p>_____ 6. Muscle will turn to fat.</p> <p>_____ 7. Resistance training limits flexibility.</p> <p>_____ 8. Large muscles hinder athletic performance.</p> | <p>a. Flexibility is determined by how much you stretch.</p> <p>b. Weight training improves coordination and conditions your body to move more efficiently.</p> <p>c. Weight training maximizes bone development during adolescence.</p> <p>d. The total number of muscle fibers is lower in females than in males.</p> <p>e. Since older adults rapidly acquire strength gains, they can practice weight training for a lifetime.</p> <p>f. Muscle and fat are not interchangeable tissue.</p> <p>g. Weight training increases the strength of female muscle and bone.</p> <p>h. Heredity plays a role in the type of results you will see from resistance training.</p> |
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