

Fitness Check

Evaluating Muscular Endurance

In this activity, you will test two aspects of your muscular strength through calisthenic exercises. You will test your upper-body strength by doing push-ups. Then you will test your lower-body strength by doing squats.

You Will Need:

- a pencil

Upper-Body Endurance: Push-Ups

- *Primary muscles worked:* chest (pectoralis major), back of upper arm (triceps), shoulder (deltoid)
- *Beginning position:* Begin with your body lying facedown on a mat, legs straight and close together, hands placed palms-down next to your shoulders with fingers facing forward.

Technique:

1. Extend the elbows and push your body up to a fully extended arm position. Keep your back straight at all times.
2. Gradually lower your body to the point where your chest almost touches the ground.
3. Repeat this motion as many times as you can. *Individuals with advanced strength may want to elevate their feet on a box or step at a height of 6 to 24 inches.*
4. Use the Fitness Ratings Chart for Push-Ups to assess your performance.

Fitness Ratings: Push-Ups	
Age/Number of Push-Ups	Rating
Males:	
Age 13: 10–25	Acceptable
Age 14: 15–30	Acceptable
Age 15: 15–35	Acceptable
Age 16+: 20–35	Acceptable
Females:	
Age 13–16: 5–15	Acceptable

Lower-Body Endurance: Squats

- *Primary muscles worked:* thighs (quadriceps), buttocks (gluteals), back of upper leg (hamstring).
- *Beginning position:* Begin in a standing position with your feet shoulder width apart. Keep your back straight and your head facing forward with arms at your side.

Technique:

1. Slowly bend your knees, lowering your body to a position where your thighs are parallel to the floor. Avoid bending at the waist as much as possible.
2. Return to the starting position.
3. Repeat this motion as many times as you can.
4. Use the Fitness Ratings Chart for Squats to assess your performance.

Fitness Rating: Squats	
Number of Squats	Rating
Males: 25–50	Acceptable
Females: 20–40	Acceptable

Remember your results are private and will not be graded.

Lesson 9-4

Copyright © Glencoe/McGraw-Hill

2nd of X

Worksheet 9-4



Evaluating Muscular Endurance

Tips:

1. Remember to warm up before you start.
2. Breathe normally, and control your movements for each exercise.
3. Follow the directions on the other side of this worksheet for correct form for push-ups and squats.
4. Record your results on the chart below.

Age	Sex	Push-Ups	Squats	Rating

Apply

1. How many push-ups were you able to do? How many squats could you do?

2. How did your results compare with the acceptable results for your age and sex?

3. Did you experience any soreness after completing the exercises? How could you have avoided this?

Lesson 9-4

2nd X