

Btec sport p1 unit 7

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Muscular Strength Muscular Strength A way to test or improve a person's Muscular strength will be to do some weight lifting. The amount of weight a person can lift will show how much strength the person has. For example if I can lift 15 kg and do 6 reps without struggle this will mean I have a certain amount of muscular strength. If I can't do the same with 30 kg this will show what level my muscles are at, in other words how strong they are. The amount of squats a person can do tests a person's lower body strength. A way to test or improve a person's Muscular strength will be to do some weight lifting. The amount of weight a person can lift will show how much strength the person has. For example if I can lift 15 kg and do 6 reps without struggle this will mean I have a certain amount of muscular strength. If I can't do the same with 30 kg this will show what level my muscles are at, in other words how strong they are. The amount of squats a person can do tests a person's lower body strength. How to build up strength in muscles If a human is trying to gain more muscle strength in the arms I would recommend doing weight lifting and butter fly's with the legs using the gym equipment. Muscles only strengthen when they have to therefore you will have to add an extra 10 kg onto the bar which will strengthen the muscles more effectively. If not adding extra weight increasing the number of repetitions may also work. Having muscle strength is good for all sports but some more than others. For example boxing you will need agility stamina and strength to attack the opponent. These attacks will all be explosive to create more impact to the opponent. If you have a lot of muscle strength in your chest and arm you will be more likely to cause more damage to the opponent. Another sport where you would need strength would be the shot put; explosive power is needed to send the shot put flying through the air

before surfacing. Disadvantages to not having good muscle strength could affect things people do in everyday life. For example opening a jammed door will be a real pain for a person with weak muscles. A person who built up strength would open to door with ease. A Fitness test for Muscular strength is the Push Up test. This is when a person performs a regular push continuously until they feel they cannot do any more. The results of this test are determined by how much push ups the person can perform. More information about this is on the next side of this page. To the left is a chart of the ranking of the push up test for men and females. To the left is a chart of the ranking of the push up test for men and females. Advantages of the test | Disadvantages of the test | * Only a stopwatch is needed to perform this test. * You can see your grade for the test using the table above. * Not a complicated or advanced test. | * Only considers strength in the core and arm area. Not the legs. * Only an upper body strength test |