

Muscle Fatigue Investigation Review

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Understanding Muscle Fatigue and Endurance

Name: _____

Date: _____

Answer the following questions based on the lesson about muscle fatigue and the muscular system.

1. What is muscle fatigue primarily caused by?

- A. Chemical changes
- B. Hydration levels
- C. Lack of sleep

2. How can athletes train to reduce muscle fatigue?

3. Muscle fatigue occurs when muscles can't produce maximum ____ anymore.

4. Resting does not help muscles recover after exercise.

- True False

5. What happens to muscle strength as you perform repeated contractions?

- A. It increases
- B. It stays the same
- C. It decreases

6. Explain why your arms might feel heavy after lifting weights.

7. Muscles need ____ to contract effectively during exercise.

8. Muscle endurance experiments help us understand how long we can perform an activity before becoming fatigued.

- True False

9. What is one way to measure muscle endurance in a scientific experiment?

- A. Counting heartbeats
- B. Tracking the number of bicep curls
- C. Measuring weight lifted

10. What role does self-control play in building muscle endurance according to 1 Corinthians 9:25?

Answer Key

1. chemical changes 2. Athletes can train by gradually increasing their weights and allowing recovery. 3. force 4. False 5. It decreases 6. Your arms feel heavy due to fatigue from energy depletion and chemical buildup. 7. energy 8. True 9. Tracking the number of bicep curls 10. Self-control helps athletes maintain their training and avoid skipping workouts, leading to improved endurance.

