

Module 2: Physical Training Fitness Principles


Topic 6 Content: Muscular Endurance

Introduction

Muscular Endurance

- Benefits of Muscular Endurance
- Repetitive Dynamic Contraction
- Continuous Tension
- Prolonged Intense Contraction

Introduction



Muscular endurance describes your muscles' ability to undergo physical activity for a prolonged period of time without becoming tired or fatigued. In this interactivity, click each of the tabs to learn about benefits of muscular endurance and different ways you can work your muscles to build muscular endurance.

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Benefits of Muscular Endurance

The infographic is titled "Muscular Endurance" and is set against a dark grey background. It features a central white box with a light grey border. On the left side of this box, there is a vertical column of three green rectangular boxes, each containing white text. The top box is labeled "Repetitive Dynamic Contraction", the middle one "Continuous Tension", and the bottom one "Prolonged Intense Contraction". To the right of these boxes, the text "Benefits of Muscular Endurance" is written in a bold, black font. Below this title, a paragraph explains that increasing muscular endurance helps with everyday tasks and lists several other benefits. These benefits are presented as a bulleted list: improving the cardiovascular system, increasing stamina for longer physical activity, improving the muscular system, increasing metabolism, decreasing injury risk by strengthening ligaments and tendons, maintaining healthy blood sugar and cholesterol levels, and strengthening the skeletal system.

Muscular Endurance

Benefits of Muscular Endurance

Increasing your muscular endurance helps you perform everyday tasks easily. Below are some other benefits of muscular endurance.

- Improves the cardiovascular system
- Improves stamina, which allows you to perform physical activities for a longer amount of time
- Improves the muscular system
- Increases metabolism
- Decreases risk of injury by strengthening ligaments and tendons
- Maintains healthy blood sugar and cholesterol levels
- Strengthens the skeletal system

Repetitive Dynamic Contraction

Continuous Tension

Prolonged Intense Contraction

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Repetitive Dynamic Contraction

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Repetitive Dynamic Contraction



Physical activity involving repetitive dynamic contractions causes the muscle to repeat a contraction over time. Some examples of repetitive dynamic contraction exercises are rowing, cycling, running, and swimming. Weightlifting exercises also use repetitive dynamic contractions as long as you are doing a higher number of repetitions.

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Continuous Tension

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Continuous Tension

Physical activity involving continuous tension requires the muscle to stay under tension for an extended amount of time. Examples of continuous tension activities are yoga, mountain or wall climbing, wrestling, and Pilates. Weight training is also an activity that uses continuous tension as long as you are using very slow contractions.



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Prolonged Intense Contraction

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Prolonged Intense Contraction



Physical activity involving prolonged intense contractions provides the working muscle with short periods of rest between stretches of longer duration contractions. Examples of prolonged intense contraction exercises are football, basketball, ice hockey, field hockey, and floor hockey. Weightlifting is also an example as long as you perform multiple sets and multiple exercises for the same muscle groups.

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