LESSON 3   PLIOMETRY AND NO-WEIGHT WORK

DEFINITION OF STRENGTH

The ability of the neuromuscular system to produce force

KINDS OF STRENGTH

- ❖ Explosive
- ❖ Static
- ❖ Dynamic

⚑ Read next explanations to find out which kind of strength you must write in each column of the chart.

1. You use this strength to exert force on an immovable object 2. Muscles stay the same length, so there's not much movement	1. You use it to exert force in one very short, but very fast movement 2. Closely linked to power	1. You use it to apply force repeatedly over a long time 2. Linked to endurance

⚑ After these definitions, would you be able to identify what kind of muscular work do next examples refer?

- ▪ 5Km running
- ▪ Throwing a ball since corner
- ▪ Hold your own weight in a bar

⚑ Most sports need all three kinds of strength but they're usually not all equally important. Thereby you have to label next pictures with the kind of strength that they are developing with priority

_____   _____   _____

METHODS TO DEVELOP THE STRENGTH

All in all, we can improve our strength by working our muscles in two ways:

1 MUSCULAR STRENGTH= static and explosive strength

It is normally measured by the amount of weight the muscles can lift, or applying a force against a resistance.

2 MUSCULAR ENDURANCE = dynamic strength

It is the ability of the muscle to work for long periods of time without tiring.

PLIOMETRY AND NON-WEIGHT WORK

Both of them, pliometry and non-weight work are methods of training that don't need any sort of special material.

After the performance of the lesson plan three of health and fitness you are now ready to show how huge is the range of exercises to work in a same method. For instance, we have been practising a lot of exercises of pliometry with benches, ladders, stands, little hurdles and ropes. So, **write down** three exercises that you enjoyed carrying them out and **draw** a picture which best represents the movement.

E.g. pliometry

Up the stands of the hall hopping and go down jumping	
1.	
2.	
3.	

E.g. <u>no-weight work</u>

Crunches with friend's spirits

1.	
2.	
3.	

🔸 Analyse both methods (pliometry and no-weight work) and identify which one works with more specificity upper-body, trunk or lower body.

✓ Pliometry works specially ....
....
....

✓ No-weight work ....
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