

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Muscular fitness** - A term that is used to define good levels of both muscular strength and muscular endurance.
- **Resting metabolism** - The energy requirement to maintain the body's vital processes in the resting state.
- **Muscular strength** - Ability to exert maximum force against resistance.
- **Muscular endurance** - Ability of a muscle to exert submaximal force repeatedly over a period of time.
- **One repetition maximum (1 RM)** - The maximal amount of resistance a person is able to lift in a single effort