

## DL4A: Health 7

For this week, complete the muscle curl lab.

In addition, I have created a Kahoot game. If you would like the link, check the google classroom or email me at [megank@banks.k12.or.us](mailto:megank@banks.k12.or.us)

## **BICEP CURLS LAB**

Muscles need to be used to gain strength and endurance. Complete the following exercises to see if you can make a correlation between use of muscles and strength/endurance.

Define STRENGTH:

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Define ENDURANCE:

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### ***Lab Part I -***

Have your partner count the number of curls you can do in one (1) minute. List the number of curls you do with each arm in the table below.

You will need a partner, stopwatch and a weight.

*This can be a: dumbbell, water bottle, canned food (anything 2-5lbs)*

You: _____ (name)		Partner: _____ (name)	
<i>Number of curls</i>		<i>Number of curls</i>	
Left Arm - No weight		Left Arm - No Weight	
Left Arm - With weight		Left Arm - With Weight	
Right Arm - No weight		Right Arm - No weight	
Right Arm - With weight		Right Arm - With weight	
TOTAL		TOTAL	

### ***Lab Questions:***

1. Are you right-handed or left-handed? \_\_\_\_\_
2. Which arm did the most curls for **you** without the weight? LEFT or RIGHT
3. Which arm did the most curls for **you** with the weight? LEFT or RIGHT
4. Why do you think that one arm did more than the other? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Biceps Lab Part II –**

After completing the curls with and without the weight, you will arm wrestle against your lab partner. Both partners use their right hand once, and then use their left hands once. Answer the questions below.

**Lab Questions:**

5. Who won the right arm wrestling contest? \_\_\_\_\_ and left arm? \_\_\_\_\_
  
6. Was it the same person who did the most curls with the left? \_\_\_\_ With the right? \_\_\_\_
  
7. Is there a connection between doing biceps curls and arm wrestling? \_\_\_\_ Explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_