**Muscular System WebQuest**

Part I: Physiology of Resistance Training

* Do a little research and write (not copy & paste) a short summary (about a half-page) about what happens to skeletal muscles during resistance training.
* Print.

Part II: Weight Training

* <http://www.fhs.d211.org/departments/pe/dndavis/study%20guides/weight%20training%20intro%20Webquest.pdf>
  + Right click and “Copy Hyperlink”, then paste into the address box.
  + Print and complete.
* <http://www.biologycorner.com/anatomy/muscles/pumpitup.html>
  + Complete and print the “Project Goals” handout.
  + Your short presentation (1-2 minutes) will be made to the class on Friday Dec 14.