

CHAPTER 9



Regaining Muscular Strength, Endurance, and Power

William E. Prentice, PhD, PT, ATC, FNATA

After reading this chapter, the athletic training student should be able to:

- Define *muscular strength, endurance, and power*, and discuss their importance in a program of rehabilitation following injury.
- Discuss the anatomy and physiology of skeletal muscle.
- Discuss the physiology of strength development and factors that determine strength.
- Describe specific methods for improving muscular strength.
- Differentiate between muscle strength and muscle endurance.
- Discuss differences between males and females in terms of strength development.