

POWER STANDARD 2: I Can Train Myself and Others**CONCEPT SCAFFOLDING**Name: Answer Key

Muscular endurance is *the ability of a muscle or group of muscles to sustain repeated contractions over a long period of time with minimal fatigue.*

In the space provided, please explain how to apply the FITT principle to muscular endurance for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
Minimum of 2 times a week	Low resistance and lots of repetitions; 12-20 reps per set	2-3 sets	Resistance bands, calisthenics, light weight training

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).