

POWER STANDARD 2: I Can Train Myself and Others

CONCEPT SCAFFOLDING

Name: Answer Key

Flexibility is *the ability to move a body part through a full range of motion about a joint or series of joints*.

Please circle the best choice for each element of the FITT principle for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
Every day	Dynamic exercises before and static stretches after	5-10 min	Doing yoga
As many days as you work out	Static stretches before and dynamic exercises after	10-20 min	Lifting body weight
Never	Ballistic stretches	30 min	Chopping wood

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