

POWER STANDARD 2: I Can Train Myself and Others

GRAPHIC ORGANIZER

Name: _____

Please describe how each FITT principle should be addressed for each fitness component.

Components of fitness	Frequency (how often?)	Intensity (how hard?)	Time (how long?)	Type (which activities?)	Reversibility (what happens if I don't?)
Cardiorespiratory endurance	What is the minimum number of days?	How is intensity measured?	What is the minimum amount of time?		
Muscular endurance	What is the minimum number of days?				
Flexibility		Before workout:	Before workout:	Before workout:	
		After workout:	After workout:	After workout:	
Muscular strength	What is the minimum number of days?				

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