

POWER STANDARDS 2 AND 4: I Can Train Myself and Others and I Am Fit**SPORT AND FITNESS COMPONENTS**

Name: _____

Fill in the best examples of each.

Principle	Cardiorespiratory endurance	Muscular strength	Muscular endurance	Flexibility
Specificity				
Progression				
Overload				
Reversibility				
Tedium				

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