

POWER STANDARD 4: I Am Fit**I AM FIT VERSUS I AM NOT FIT**Name: Answer Key

Compare the differences between being fit and being unfit on the following T-chart.

I am fit.	I am not fit.
<i>Passes health-related fitness tests.</i>	<i>Does not pass health-related fitness tests or only passes a few.</i>
<i>Has healthy body composition.</i>	<i>Body-fat percentage is higher than 25%.</i>
<i>Demonstrates muscular endurance, muscular strength, cardiorespiratory endurance, and flexibility.</i>	<i>Does not demonstrate muscular endurance, muscular strength, cardiorespiratory endurance, or flexibility.</i>
<i>Has healthy blood pressure and heart rate (120/80).</i>	<i>Has high blood pressure.</i>
	<i>Easily winded and tired.</i>

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