

## POWER STANDARD 2: I Can Train Myself and Others

Name: \_\_\_\_\_

Please write a complete definition for each item.

### Cardiorespiratory endurance:

Frequency—how often	
Intensity—how hard	
Time—how long	
Type—what activities to do	

### Muscular endurance:

Frequency—how often	
Intensity—how hard	
Time—how long	
Type—what activities to do	

### Flexibility:

Frequency—how often	
Intensity—how hard	
Time—how long	
Type—what activities to do	

### Muscular strength:

Frequency—how often	
Intensity—how hard	
Time—how long	
Type—what activities to do	

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