

POWER STANDARD 2: I Can Train Myself and Others**CONCEPT SCAFFOLDING**Name: Answer Key

Muscular endurance is *the ability of a muscle or group of muscles to sustain repeated contractions over a long period of time with minimal fatigue.*

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?)
4	2-5 reps	1 set	Throwing and catching
3	2-3 reps	2 sets	Doing many push-ups
2	6-10 reps	3 sets	Pushing a car
1	12-20 reps	4 sets	Holding 50 pounds for a second

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