

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

Name: _____

Muscular endurance is

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).