

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

Cardiorespiratory endurance is *the ability of the heart, respiratory system (lungs), and circulatory system to supply oxygen and nutrients to the working muscles over a long period of time.*

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	Enough to break a sweat	10 min	Swimming
3	At target heart rate	20 min	Handstand
2	At maximum heart rate	30 min	Juggling
1		45 min	Yoga

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