

POWER STANDARD 2: I Can Train Myself and Others

CONCEPT SCAFFOLDING

Name: Answer Key

Muscular strength is *the most you can push, pull, carry, or lift at one 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?)
1	6-10 reps	1 set	Jump rope
2	12-20 reps	2-3 sets	Weights or squats
3	30 reps	4-6 sets	Run
4	As many as possible	5-7 sets	Swim

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