

POWER STANDARD 2: I Can Train Myself and Others

GRAPHIC ORGANIZER

Name: Answer Key

Please describe how each FITT principle should be addressed for each fitness component.

Components of fitness	Frequency (how often?)	Intensity (how hard?)	Time (how long?)	Type (which activities?)	Reversibility (what happens if I don't?)
Cardiorespiratory endurance	What is the minimum number of days? 3	How is intensity measured? <i>Target heart rate</i>	What is the minimum amount of time? <i>30 min</i>	<i>Running, swimming, cycling</i>	<i>Heart disease, obesity, diabetes, high blood pressure, insomnia</i>
Muscular endurance	What is the minimum number of days? 2	<i>12-20 reps with light resistance</i>	<i>3 sets</i>	<i>Weight training, Pilates, resistance bands, calisthenics</i>	<i>Weak bones and joints, easily tired when lifting</i>
Flexibility	<i>As often as we exercise</i>	Before workout: <i>dynamic exercises</i> After workout: <i>static stretches</i>	Before workout: <i>5-10 min</i> After workout: <i>5-10 min</i>	Before workout: <i>dynamic, moving, and slow buildup</i> After workout: <i>static, slow holds</i>	<i>Loss of range of motion, injuries</i>
Muscular strength	What is the minimum number of days? 2	<i>6-10 reps with heavy resistance</i>	<i>3-5 sets</i>	<i>Weight training</i>	<i>Osteoporosis, atrophy, injuries</i>

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