

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

Flexibility is *the ability to move a body part through a full range of motion about a joint or a series of joints.*

In the space provided, please fill in how to apply the FITT principle to muscular endurance for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
<i>As many days as you work out, both before you work out and after</i>	<i>Dynamic exercises before and static stretches after</i>	<i>5-10 min; the more vigorous the exercise, the longer the warm-up</i>	<i>Yoga, exercises that mimic the activity</i>

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