

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.*

In the space provided, please explain how to apply the FITT principle to cardiorespiratory endurance for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
3 times a week	Target heart rate of 60%-85% maximum heart rate	At least 30 min	Run, swim, bike, row, climb stairs, and so on

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