

POWER STANDARD 2: I Can Train Myself and Others

FITT principle		Fitness level	Cardiorespiratory endurance	Muscular endurance	Muscular strength	Flexibility
Frequency	How often?	Beginner	3 days/wk	2 days/wk	2 days/wk	As often as you work out
		Moderate	4 days/wk	2 days/wk	2 days/wk	
		Athlete	5 days/wk	3 days/wk	3 days/wk	
Intensity	How hard?	Beginner	60% target heart rate	Low resistance High reps	High resistance Low reps	Dynamic before and static after
		Moderate	70% target heart rate			
		Athlete	85% target heart rate			
Time	How long?	Beginner	20 min	3-5 sets, 1-2 min each	3 sets, less than 1 min each	5-20 min
		Moderate	30 min			
		Athlete	45+ min			
Type	Which activities?	Beginner	Walk	Sit-ups	Core lifts	Dynamic and static
		Moderate	Jog			
		Athlete	Run			
Appropriate % of fat mass			Body composition			

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