

POWER STANDARDS 2 AND 4: I Can Train Myself and Others and I Am Fit

SPORT AND FITNESS COMPONENTS

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Fill in the best examples of each.

Principle	Cardiorespiratory endurance	Muscular strength	Muscular endurance	Flexibility
Specificity	<i>Running long distance improves my mile time.</i>	<i>Biceps curls improve upper-arm strength.</i>	<i>I do 50 crunches to tone up my abdominals.</i>	<i>Yoga to increase my range of motion.</i>
Progression	<i>I was running 3 miles a day. I can now run 4 miles.</i>	<i>I used to be able to perform 3 sets of 5. Now I can do 3 sets of 10.</i>	<i>My personal record for crunches is now 100.</i>	<i>I can reach a lot farther now. My sit-and-reach score is better.</i>
Overload	<i>I can run only 3 laps.</i>	<i>I can lift 100 pounds 1 time only.</i>	<i>My best crunch-per-minute score is 125.</i>	<i>I can bend and touch my knees, but not my toes.</i>
Reversibility	<i>I stopped running 3 months ago and I can barely jog 1 lap.</i>	<i>My arm was broken and now I can do only 3 push-ups.</i>	<i>My crunch-per-minute score went down because I did not work out.</i>	<i>Touch my toes? Ouch. I took too much time off.</i>
Tedium	<i>I only run for my cardio workout.</i>	<i>I only do push-ups. Now I'm injured.</i>	<i>I perform crunches every day!</i>	<i>Too much yoga is dull!</i>

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