

POWER STANDARD 2: I Can Train Myself and Others

CONCEPT SCAFFOLDING

Name: Answer Key

The SPORT training model helps the athlete make appropriate and safe improvements or maintain their fitness level through proper application of each SPORT principle.

Please circle the quote that best describes each principle of training.

Specificity	Progression	Overload	Reversibility	Tedium
More is better.	No pain, no gain.	There is no limit.	Use it or lose it.	Keep it simple.
In order to be a better runner, run.	Achieve slow gains by adding distance, weight, and speed.	Increase the difficulty to progress.	Two steps back, one step forward.	Same thing produces the same results.

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