

POWER STANDARD 2: I Can Train Myself and Others

GRAPHIC ORGANIZER

Name: Answer Key

Please fill in as many benefits of exercise as you can for each column.

Physical benefits	Mental benefits	Health benefits	Social benefits	Aging-related benefits
<i>Makes muscles stronger.</i>	<i>Improves concentration and focus.</i>	<i>Lowers cholesterol.</i>	<i>Work out with friends.</i>	<i>Reduces chance of osteoporosis.</i>
<i>Maintains joint health and flexibility.</i>	<i>Reduces anxiety and depression.</i>	<i>Maintains healthy weight.</i>	<i>Helps motivate.</i>	<i>Improves reaction time.</i>
<i>Maintains cardiovascular health.</i>	<i>Lowers stress.</i>	<i>Helps reduce excessive fat mass.</i>	<i>Meet new people.</i>	<i>Reduces illness and injury.</i>

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