

POWER STANDARD 2: I Can Train Myself and Others**CONCEPT SCAFFOLDING**

Name: _____

Muscular strength is

Please circle the best choice for each element of the FITT principle for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
1	6-10 reps	1 set	Jump rope
2	12-20 reps	2-3 sets	Weights or squats
3	30 reps	4-6 sets	Run
4	As many as possible	5-7 sets	Swim

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