

## POWER STANDARD 2: I Can Train Myself and Others

Name: Answer Key

Please write a complete definition for each item.

**Cardiorespiratory endurance:** *The ability of the heart and respiratory (lungs) and circulatory systems to supply oxygen and nutrients to the working muscles over a long period of time.*

Frequency—how often	Beginner 3 times a week, moderate 4 times a week, advanced 5 times a week
Intensity—how hard	Beginner 60% maximum heart rate, moderate 70% maximum heart rate, advanced 85% maximum heart rate
Time—how long	Beginner 20 minutes, moderate 30 minutes, advanced 45 minutes or more
Type—what activities to do	Running, cycling, dancing, etc.

**Muscular endurance:** *The ability of a muscle or group of muscles to exert a maximal force against a resistance.*

Frequency—how often	Beginner to moderate 2 times a week, moderate to advanced 3 times a week
Intensity—how hard	Low resistance with high repetitions
Time—how long	12-20 repetitions or 1-2 minutes in duration
Type—what activities to do	Sit-ups, push-ups, calf raises, etc.

**Flexibility:** *The ability to move a body part through a full range of motion about a joint or series of joints.*

Frequency—how often	As often as you work out, before and after workout
Intensity—how hard	Dynamic before work out and static after workout
Time—how long	5-20 minutes
Type—what activities to do	Dynamic and static stretching; yoga, Pilates, and holding stretches.

**Muscular strength:** *The ability of a muscle or group of muscles to sustain repeated contractions over a long period with minimal fatigue.*

Frequency—how often	Beginner to moderate 2 times a week, moderate to advanced 3 times a week
Intensity—how hard	High resistance with low repetitions
Time—how long	6-10 repetitions
Type—what activities to do	Core lifts; squat, dead lift, bench, etc.

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