

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

Muscular strength is *the ability of a muscle or group of muscles to exert a maximal force against a resistance*.

In the space provided, please fill in how to apply the FITT principle to muscular endurance for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
2 days per week	6-10 reps	2-3 sets	Weights or squats

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