

Utilizing the FIT Principal with Health Related Fitness

What are the componets of health-related fitness?

WELLNESS is your overall physical and mental well-being.

Lesson Objectives:

- List the components of health-related fitness.
- Describe each component of health-related fitness.
- Explain why each component is important to overall physical fitness
- Define frequency, intensity, time, and type
- Define overload, progression, individuality, specificity, and regularity
- Apply the FITT concepts and exercises principals in a personal plan.
- Explain resting heart rate, maximum heart rate, and target heart rate zone.
- Calculate personal target rate zone

Standards Addressed

1. Participates regularly in meaningful physical activity (Standard 3)
2. Achieves and maintains a healthy enhancing level of physical fitness (Standard 4)

BEGIN HERE!!!!

Step 1: Visit the following website:

<http://www.ccsd66.org/PE%20web/FIT2.htm>

What are the 5 Health Related Fitness Components?

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2: Visit the following website:

<http://www.survivaliq.com/> and go to survival fitness you will find Components.

Write down the definition of each component of health-related fitness in the chart below along with at least one exercise example.

Component	Definition	Exercise Example
1.		
2.		
3.		
4.		
5.		

Questions:

Which component of health-related fitness do you think is most important for everyone?

Which component of health-related fitness is most important to you?

Why is it important to know the names and descriptions of each component of health-related fitness?

What are some health related component exercises you can do for cardio-respiratory endurance, muscular strength, flexibility and body composition (Students Filled in the Grid)?

What is flexibility?

Step 3: Visit the following website:

<http://www.survivaliq.com> then go to survival fitness and then, go to content and find flexibility activities.

Questions:

Define flexibility:

Why is flexibility important?

Why is flexibility important to you?

How is flexibility measured?

Which categories of stretching is the safest? Why?

Step 4: Visit the following website:

<http://www.survivaliq.com> - then go to survival fitness and then, go to content and find flexibility activities. Next go to the bottom and click on Stretching Techniques.

6. List and briefly describe each category of stretching techniques.

Category	Description of Category

How do I get flexible?

Step 5: Visit the following website and define the following terms:
http://www.survivaliq.com/physical_fitness/introduction_1-3.htm

Principals Of Exercise

<u>Word</u>	<u>Definition</u>
Regularity:	
Progression:	
Specificity:	
Overload:	
Individuality	

Questions (look under Flexibility)

Why is it dangerous to bounce when stretching?

Why is it dangerous to stretch with straight legs?

Why do you think people continue to perform dangerous exercises?

Step 6: Visit the following website and define the following terms in the chart:

http://www.survivaliq.com/physical_fitness/introduction_1-4.htm

http://www.survivaliq.com/physical_fitness/introduction_4-2.htm

	FITT Factors Applied to Physical Conditioning Program- Flexibility Formula
Frequency:	
Intensity:	
Time:	
Type:	

Step 7: <http://www.thewalkingsite.com/stretching.html> Perform a search for: stretching exercises. Select 5 stretches that stretch 5 different parts of the body, copy and past them into a word document. Print out the document and attach it to your work!

How do I improve cardiorespiratory endurance?

Step 8: Visit the following website and answer the following questions:

Visit: http://www.survivaliq.com/physical_fitness/cardiorespriatory-fitness.htm

Questions:

Define Cardiorespriatory Fitness.

Why is Cardiorespriatory Fitness important?

What are the differences between resting heart rate, maximum heart rate, and target heart rate?

Which exercises did you select for your Cardiorespriatory endurance fitness plan? Why did you select these?

Step 9: Visit the following website and define the following terms in the chart:

http://www.survivaliq.com/physical_fitness/introduction_1-4.htm

http://www.survivaliq.com/physical_fitness/introduction_4-2.htm

	FITT Factors Applied to Physical Conditioning Program-Cardiorespriatory Endurance
Frequency:	
Intensity:	
Time:	
Type:	

What is Muscular Strength and Endurance

Questions

Step 10: Visit the following website and define the following terms:

http://www.kidshealth.org/teen/food_fitness/exercise/strength_training.html

Describe muscular strength in your own words.

What are free weights?

What are machine weights?

What are circuits?

What is strength training?

What should you do before you start strength training?

If you are weight training what should you always have near by you?

List 5 benefits of strength training:

- 1.
- 2.
- 3.
- 4.
- 5.

Step 11: Visit the following website and define the following terms in the chart:

http://www.survivaliq.com/physical_fitness/introduction_1-4.htm

http://www.survivaliq.com/physical_fitness/introduction_4-2.htm

	FITT Factors Applied to Physical Conditioning Program-Muscular Strength
Frequency:	
Intensity:	
Time:	
Type:	

Step 12: Visit the following website and define the following terms:

http://www.survivaliq.com/physical_fitness/muscular-endurance-and-strength.htm

Question: - *Go to Muscular Fitness*

Define muscular endurance in your own words

Step 13: Visit the following website and define the following terms in the chart:

http://www.survivaliq.com/physical_fitness/introduction_1-4.htm

http://www.survivaliq.com/physical_fitness/introduction_4-2.htm

	FITT Factors Applied to Physical Conditioning Program-Muscular Endurance
Frequency:	
Intensity:	
Time:	
Type:	

Step 14: Visit the following website and define the following terms:
http://www.survivaliq.com/physical_fitness/muscular-endurance-and-strength.htm

Question:

Why do you need both muscular strength and muscular endurance?

Step 15: Visit the following website and define the following terms in the chart:

http://www.survivaliq.com/physical_fitness/introduction_1-4.htm

http://www.survivaliq.com/physical_fitness/introduction_4-2.htm

	FITT Factors Applied to Physical Conditioning Program-Muscular Strength and Endurance
Frequency:	
Intensity:	
Time:	
Type:	