

Assignment Review

1. What is "fitness"?

Fitness combines skill-related components (ex. Agility, speed)
AND health-related components (ex. Muscular strength,
cardiovascular endurance)

2. Components of Fitness

<u>Component</u>	<u>Description</u>	<u>Example</u>
Cardiovascular Endurance	The ability of the heart and lungs to provide oxygen	Running
Flexibility	The range of motion (ROM) at a joint	Yoga
Muscular Strength	The force exerted by muscles in a single effort	Standing long jump
Muscular Endurance	The force exerted by muscles over a period of time	Sit up test

FITT Principle

F – Frequency = how often

I – Intensity = how hard

T – Time = how long

T – Type = what kind

K.2.S1.C2
S.2.S1.A.1a
K.2.S2.C.2
S.5.S2.A.2

FITT Principle Guidelines



Fitness and/or Health Benefit

Variables

	F Frequency	I Intensity	T Time	T Type
Cardiovascular endurance (aerobic)	<ul style="list-style-type: none"> 3 to 5 times per week 	<ul style="list-style-type: none"> moderate to vigorous intensity (60% to 85% of maximum heart rate) 	<ul style="list-style-type: none"> minimum of 30 minutes 	<ul style="list-style-type: none"> running cycling cross-country skiing (continuous motion of large muscle group[s])
Muscular strength	<ul style="list-style-type: none"> alternate days 3 times per week 	<ul style="list-style-type: none"> high resistance (sets to maximum capability) 	<ul style="list-style-type: none"> 1 to 3 sets of 8 to 12 repetitions 	<ul style="list-style-type: none"> free weights universal gym tubing body weight
Muscular endurance	<ul style="list-style-type: none"> alternate days 3 times per week 	<ul style="list-style-type: none"> low to moderate resistance 	<ul style="list-style-type: none"> 3 sets of 10 to 20 repetitions 	<ul style="list-style-type: none"> free weights universal gym tubing body weight
Flexibility	<ul style="list-style-type: none"> daily 	<ul style="list-style-type: none"> slow and controlled movement 	<ul style="list-style-type: none"> 20 to 30 seconds 	<ul style="list-style-type: none"> static
Body composition	<ul style="list-style-type: none"> 5 to 7 times per week 	<ul style="list-style-type: none"> combination of intensities 	<ul style="list-style-type: none"> dependent on intensity 	<ul style="list-style-type: none"> aerobic anaerobic resistance
Anaerobic	<ul style="list-style-type: none"> alternate days 2 or 3 times per week 	<ul style="list-style-type: none"> 90% of maximum heart rate 	<ul style="list-style-type: none"> 2 to 3 minutes per "bout" 	<ul style="list-style-type: none"> sprinting jumping
Active daily living/ health	<ul style="list-style-type: none"> daily 	<ul style="list-style-type: none"> low to moderate intensity 	<ul style="list-style-type: none"> 30 to 60 minutes 	<ul style="list-style-type: none"> gardening walking bowling

References:

Manitoba Fitness Council. *Active Healthy People: Fitness Theory Manual*. Winnipeg, MB: Manitoba Fitness Council, n.d.
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