

Components of Fitness

Cardio Respiratory Endurance

Definition: How well your heart and lungs send blood and oxygen to muscles that are being used. Your body can work for a long time if you have good cardio respiratory fitness.

Example: Running, Swimming, Biking

Fitness Test: 12 Minute Cooper Run, 1.5 Mile Walk, Step Up Test

Muscular Endurance

Definition: How well your muscles can repeat a motion (contraction) against a weight (resistance) for an extended period of time. How well your muscles can hold a position against a weight (body weight) for an extended period of time.

Example: Sit-Ups, Planks, Knee Ups, Pike Position, V-Sit

Fitness Test: FitnessGram Sit-Up Fitness Test

Muscular Strength

Definition: How much weight (resistance) your muscles can move for a short time (the maximum weight you can lift once).

Example: Push-Ups, Supervised Weight Lifting

Fitness Test: FitnessGram Push-Up Fitness Test

Flexibility

Definition: How far your muscle can lengthen when you reach (passive movement).

Example: Running, Swimming, Biking

Fitness Test: Sit and Reach, Trunk Extension

Body Mass Index

Definition: A calculation that uses your height and weight to work out (estimate only) your body fat percentage (%).

FITT Principle

Using the **FITT** principle is advantageous as you plan a training program in order to increase a component or many components of fitness. Below are the questions you need to ask yourself along with a couple of tips to help you plan out your FITT goals for the year. We will be performing the fitness test four (4) times throughout the year allowing eight (8) weeks in between each test in order to better your previous result. Results have direct correlation with your effort in and outside of class; numbers don't lie, they give us hard evidence...for better or worse.

Frequency

How many times a week will you be training?

TIP: You do not need to do a 30 minute plus workout daily, but you should focus on at least one component per day. Push-ups and sit-ups could be done daily and it will only take you 10 minutes.

Intensity

How hard will you train during the training session?

TIP: Intensity should match your goal. For example, next test your goal of 20 in a row; doing 40 in a row is unrealistic, but doing 4 sets of 10 repetitions is realistic.

Time

How long will your training session last?

TIP: Time is easy for a cardio exercise; you just need a stopwatch, but when it comes to push-ups and sit-ups, time can be done by sets and repetitions*. Remember, this should match your goals just as **Intensity** does. Make sure it's realistic.

Type

What exercise will you do?

TIP: Really in order to train for push-ups, you will have to do push-ups, but sit-ups focus on the core. Type is where you can choose other exercises such as planks to replace sit-ups because you are still working on the core. This is true for substituting running, swimming and cycling. All contribute to the component of fitness although it may not be an exact "12 Minute Cooper Run."

*Set and Repetition (Rep): Repetitions denote how many of the designated exercise you are going to do at one time. Sets tell you how many times you are going to perform the stated repetitions. For example, if you plan to do 100 push-ups a night but can't do them all at once; you'll need to split them into manageable sets and reps. If you know you can perform 30 push-ups without stopping, a good number of reps would be 25. Divide 100 by 25 and you get 4. That night you would perform 4 sets of 25 repetitions or 4x25 of push-ups!

FITT Goal Sheet Instructions

Your assessment for the entire year is described below. I will not be saving your personal information on my device so make sure you CONTINUE TO SAVE this document as you work on it. You will continue to submit your PDF on Edmodo. If you have any questions it is your responsibility to ask BEFORE the homework assignment is due!

Fitness Test ONE, TWO, THREE and FOUR

1. If you remember your final test score from last year, you can use that to help choose a new goal. If you do not remember or do not have a score from last year, choose a goal you think is achievable. If you have questions, my suggestion would be to TRY the exercise! Give it a go!
2. Create a FITT Plan. Refer to the previous section.
3. Create a plan. Use the titles P1, P2, P3 and P4 to signify two week PHASES of your plan. As you complete your phases, cross them off and move on. Within two weeks you should be able to increase either your repetitions or sets. For example, if you have done 4 sets of 15 repetitions on P1, you should increase your P2 to 5x15 or 4x20.
4. As we progress throughout the year, your fitness test scores will dictate what your goal is for the next 8 weeks of class. For example, if you scored 20 push-ups from Test ONE, you could set your goal as 25 for Test TWO.
5. Keep in mind that sometimes a goal is accomplished before the time frame of which you wanted to reach it. It may only take you 6 weeks to reach your goal of 30 push-ups in a row. What can you do for the remaining 2 weeks? ADJUST your goal! Set it a bit higher and then change your PHASE to match your new goal!
6. Ultimately if you have any further questions FIRST, GO TO A PEER; SECOND, GO TO A DIFFERENT PEER then THIRD, ASK YOUR TEACHER!

FITT End of the Year Reflection Instructions

You have put in a lot of effort throughout the year, and hopefully have seen some fantastic gains. The FITT End of the Year Reflection is meant for you to tell me a little bit about your journey. What you write and how detailed your reflections are will contribute to your final grade towards your FITNESS STRAND.