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12

Physical Education and Health

First Quarter – Module 2

FITT Principle

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SMILE

SUPPORT MATERIAL FOR INDEPENDENT LEARNING ENGAGEMENT (SMILE)

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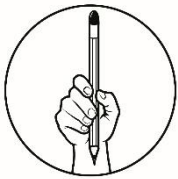
What I Need to Know

This module was designed and written to help you understand how to set FITT goals based on training principles to achieve and/or maintain HRF.

Lesson 2 –PEH: FITT Principles

After going through this module, you are expected to:

1. Discuss about FITT principles;
2. Design an exercise program based on FITT principles;
3. Value the importance of exercise to achieve and/or maintain fitness.



What I Know

Instruction: List down at least ten physical activities that you do at home.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Lesson

2

FITT PRINCIPLE

INTRODUCTION

Exercise is physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body used to improve health and maintain fitness. Generally you work up a sweat, breath heavy and increase your heart rate during exercise. <https://www.martinhealth.org/what-is-exercise>

The exercise program should be designed to fit the current health condition of the individual and it should be interesting. The FITT principle is a helpful guide in designing a personalized fitness program.

Later in this module, you will learn how to apply the FITT principle to the various components of physical fitness such as cardiovascular – respiratory endurance, body composition, and muscular fitness.



What's New

Activity 1. Explain briefly the three components of health- related fitness.

1. _____

2. _____

3. _____



What is It

FITT PRINCIPLE

Everyone struggles with figuring out an exercise plan that works for them. One principle used in the fitness world is the FITT principle. This lesson explains what FITT means and how to apply it to your exercise regimen.

The foundational concepts you need to keep in mind are mentioned in the acronym FITT which will help you assess your physical activity to produce health-related fitness benefits. The acronym FITT stands for:

- Frequency – how often you do physical activity in a week
- Intensity – How hard you are working while performing the activity
- Time – How long you are doing the activity
- Type – What type of activity you are doing

Each component of the FITT Principle is interconnected. For example, if you work out a high intensity, you usually work out for less time and fewer days per week. In contrast, if you work out at a low intensity, you will work out more days per week. In contrast, if you work out at a low intensity, you will work out more days per week, and each session may last a bit longer.

However, when deciding on an exercise plan, you have to keep in mind your personal goals. Are you exercising to lose weight? Are you exercising to gain endurance? Are you exercising to increase your strength? Your goal will heavily influence how you use the FITT Principle to develop your plan. (streetcoach.com)

When adopting or modifying a physical activity routine, it is important to set realistic goals. Too often, individuals expect to lose unrealistic goals. Too often, individuals expect to lose unrealistic amounts of weight, run faster and longer and start seeking drastic body composition changes instantly. Instead, use the acronym S.M.A.R.T.

Specific is the what, where and how of the goal.

Measurable is how you will evaluate whether or not you met the goal.

Achievable is setting a goal that you can accomplish.

Realistic is setting a goal that is challenging, but attainable.

Timely relates to when you want to achieve your goal by, and what time frame you have to reach your goal.

Putting the FITT principle together, one can effectively plan an exercise routine and set a S. M. A. R. T. goal. (Source: Avera Health Tip & iGrow)healthysd.gov

Exercise Program Design

Fitness standards are higher than health standards. People can get fit by becoming more active. However, you need to practice caution because doing MORE is not exactly doing it RIGHT. There are safe and effective principles of exercise training that can help you improve and sustain your improvements while avoiding injuries. The following principles are important in designing an exercise program.

Principles of Exercise Training

Principle of Overload

- Is the most basic principle of exercise. This principle states that the only way to gain health benefit through physical activity involvement is to place a higher demand on the body to exert more effort than it normally does.

Principle of Progression

- explains that the level of the intensity of your exercise should be increased gradually. When your body adapts to an increased demand (load), the activity becomes easier for you to perform; thus, you will be exerting less effort.

Principle of Specificity

- the body will adapt specifically to the workload it experienced. It implies that improvements in fitness level will be limited to the activities that one is performing. The application of this principle is not only on the movement or activity performed but to the intensity at which is performed.

Principles of Individuality

- states that no two persons are the same and that their rate of adaptation to the same workload differs. This principle emphasizes the need to create an exercise program that is individual-specific. All individuals have different nutritional preferences; they respond to exercise & its physical and social environments in their own unique way.

Principles of Reversibility

- is another way of stating the principle of disuse. If your energy systems are not utilized, they deteriorate to a level that matches your level of activity. It indicates that disuse or inactivity results in loss of benefits achieved in overloading.

Designing an Effective Exercise Program

In the same manner that a doctor prescribes a medication, the key to a well-designed exercise program is that it should cater to the needs of the individual. The results of the various fitness tests will give an idea of what he/ she needs.

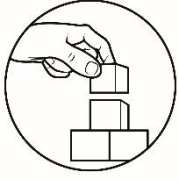
The following are guidelines that can help in determining fitness goals:

1. Write short- term and long-term performance goals.
A short- term goal is something that can be achieved in 6-8 weeks while a long – term goal is something that can be achieved in 6 months or more.
2. Set realistic goals.
Goals are attainable in the given period. Review your current fitness level and decide on modest gains.
3. Write specific goals.
Write a goal for each fitness component instead of writing a general one. A specific goal helps you focus on what has to be done.
4. Write a fitness contract.
A fitness contract is a concrete commitment. It is a visual reminder of the goals you have identified and it strengthens your resolve to keep your exercise program.

Parts of an Exercise Program

3 components of an exercise workout:

1. Warm-up – is essential prior to the actual workload as it prepares the body for more strenuous activity.
2. Exercise load – is the programmed activity that would elicit beneficial adaptations when performed regularly.
3. Cool down – bridges the period between workout and rest. This transition is important to deter the pooling of blood in the lower extremities.



What's More

Activity 3

Make your own exercise program using the FITT principle. Refer to the example below.

FITT EXAMPLE			
F	Frequency	4 days weekly	
I	Intensity	moderate intensity	
T	Time	25 minutes	20 reps
T	Type	Walk around the block (aerobic)	Wall push ups (Strengthening)

Name:		FITT Worksheet	
Age:			
F	Frequency		
I	Intensity		
T	Time		
T	Type		

American Heart Association Recommendations						
F	Frequency	5x weekly	2-days weekly	OR	3x weekly	2x weekly
I	Intensity	moderate	Moderate to high		vigorous	Moderate to high
T	Time	30 mins.	Major muscle groups		Major muscle groups	Major muscle groups
T	Type	Aerobic activity	strengthening		Aerobic activity	strengthening

(Source: healthysd.gov)

Activity 4: Design a 1 week workout plan using the principles of exercise training. Refer to the sample below.

Days of the Week	
Monday	Cardio: 10-30 mins. Choose from one of the cardio workouts: Beginner Stationary Bike Walking
Tuesday	Total body strength and core training. Beginner total body Strength Beginner Total Body Strength Level 2. Level #
Wednesday	Rest or gentle yoga/stretching
Thursday	Cardio: 10 -30 mins. You can do the same workout you did on Monday or a new one.
Friday	Total body strength and core training. It's a great idea to the same workout you did on Tuesday so you can practice the exercises and build the strength and endurance to do more.
Saturday	Rest or optional cardio: This is a great time to do something less structured like take a walk or a leisurely bike ride.
Sunday	Rest

Source: verywellfit

Name: _____

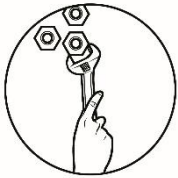
Yr. & Section: _____

Days of the Week	Workout
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



What I Have Learned

Activity 5. In this lesson, I have learned that.....



What I Can Do

Activity 6 List down at least 5 importance of exercise to one's fitness.

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



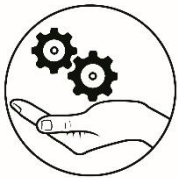
Assessment

Fill in the blanks with the correct answer.

_____ 1. It is how often you do physical activity in a week.

_____ 2. It is how hard you are working while performing the activity

- _____ 3. It is how long you are doing the activity.
- _____ 4. It is what type of activity you are doing.
- _____ 5. Putting the FITT principle together, one can effectively plan an exercise routine and set what kind of goal?
- _____ 6. This principle states that the only way to gain health benefit through physical activity involvement is to place a higher demand on the body to exert more effort than it normally does.
- _____ 7. This principle explains that the level of the intensity of your exercise should be increased gradually.
- _____ 8. A principle that the body will adapt specifically to the workload it experienced. It implies that improvements in fitness level will be limited to the activities that one is performing.
- _____ 9. A principle that states that no two persons are the same and that their rate of adaptation to the same workload differs.
- _____ 10. It indicates that disuse or inactivity results in loss of benefits achieved in overloading.



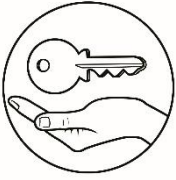
Additional Activities

Cut out pictures of different exercises that shows the FITT PRINCIPLE.

Put caption on the pictures. Paste that in a one whole white cartolina.

Criteria:

Relevance to the theme	40%
Originality	25%
Creativity	25%
Visual Impact	<u>10%</u>
Total	100%



Answer Key

Assessment
1. Frequency
2. Intensity
3. Time
4. Type
5. SMART
6. Overload
7. Progression
8. Specificity
9. Individuality
10. Reversibility

References

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www.scribd.com

<https://study.com/academy/lesson/purpose-goals-of-fitness-assessments.html>

https://www.physio-pedia.com/Barriers_to_Physical_Actiity

(Source: healthysd.gov)

Source: [verywellfit](http://verywellfit.com)