

## Principles of FITT

**Frequency** – How often you exercise.

**Intensity** – How hard your body is working during exercise.

**Time** – How long you spend exercising.

**Type** – They kind of exercise you do, specific to the area you wish to improve.



Year 7  
Healthy, Active Lifestyles

## Types of training

**Circuit training** - performing a series of exercises in a special order called a circuit. Each activity takes place at a 'station'.

**Continuous training** - working for a sustained period of time without rest. It improves cardio-vascular fitness.

**Fartlek training** or 'speed play' training involves varying your speed and the type of terrain over which you run, walk, cycle or ski. It improves aerobic and anaerobic fitness.

**Interval training** - involves alternating between periods of hard exercise and rest. It improves speed and muscular endurance.

## Components of Fitness

**Muscular Strength** – The muscles ability to exert a maximum amount of force in one effort (e.g. deadlift)

**Muscular Endurance** – The muscles ability to exert force repeatedly for an extended period. (e.g. rowing)

**Flexibility** – The muscles and joints ability to move through their full range of movements.

**Agility** – The body's ability to change direction quickly and at speed.

**Cardiovascular Endurance** – The body's ability to deliver oxygen to working muscles during exercise.



## 12 Minute Cooper Test

- The Cooper run is a test of cardiovascular endurance.
- Participants travel as far as possible during a 12 minute period, the further you travel the fitter you are.

Age	M/F	Very good	Good	Average	Bad	Very bad
13-14	M	2700+ m	2400 - 2700 m	2200 - 2399 m	2100 - 2199 m	2100- m
	F	2000+ m	1900 - 2000 m	1600 - 1899 m	1500 - 1599 m	1500- m

## Short and Long term effects of fitness training

### Short term

- Increased heart rate.
- Increased breathing rate.
- Aching muscles.
- Going red in the face.
- Sweating.

### Long term

- Healthy body weight.
- Mental well-being.
- Less stressed.
- Improved social life.
- Reduced risk of heart disease and high blood pressure.

