Name: ______________________________

Chapter 4.1 Powerpoint Notes: HOW MUCH PHYSICAL ACTIVITY IS ENOUGH

Lesson Objectives:
• Name and discuss the three basic principles of exercise.
• Explain how the FITT formula helps you build fitness.
• Explain how to use the Physical Activity Pyramid to plan a physical activity program.

The principle of overload refers to a rule stating that in order to ____________ fitness you must do ____________ physical activity than ____________.

The principle of progression refers to a rule stating that the amount and ____________ of activity (overload) needs to be increased ____________.
• You should increase the volume of activity as you continue your exercise program.
• To continue to improve, you must progress to a harder exercise.

The principle of specificity refers to a rule stating that ____________ types of activities improve ____________ types of fitness.
• For example:
  – Elite runners train for competition by running.
  – Elite swimmers train for competition by swimming.
  – Elite cyclists train for competition by cycling.

Different types of physical activity (running, lifting weights, cycling, swimming) produce different outcomes.
An ____________ physical fitness conditioning program should address all types of fitness.

The threshold of training is the ____________ amount of overload needed to build ____________.
• If a person does not exercise at his/her training threshold,
• then improvements in fitness will not occur.

The target fitness zone is a term used to describe the best amount of ____________ for building fitness, above threshold and below target ceiling. (The correct range of physical activity.)

The target ceiling is a term used to describe a person's ____________ of physical activity.

FITT = ____________ ____________ ____________ ____________

Frequency refers to ____________ you do physical activity.
• For physical activity to be beneficial, you must do it several days a week.
• Frequency depends on
  – the type of activity you are doing.
  – the parts of fitness you want to develop.
• For example, to develop strength you might need to exercise 2-3 days per week.
**Intensity** refers to ____________ you are doing physical activity.
- If the activity you do is too easy, you will not build fitness.
- Vigorous activity might cause injuries if done too early in a training program.
- Counting calories and counting heart rate can be used to determine the intensity of activity needed for building cardiovascular fitness.
- The amount of weight you can lift reflects the intensity of strength or muscular endurance training.
- *Training tip: When your body adapts to your exercise load, you should increase the load slightly.*

You can take your pulse rate during exercise (count the number of beats you feel for 15 seconds and multiply by 4).
- You can check this value against the threshold values in your chart attached.

**Time** refers to ____________ you do physical activity.
- The length of time you should do physical activity depends on
  - the type of activity.
  - the part of fitness you want to develop.
- To build flexibility, stretch for 15 seconds or more for each muscle group.
- To build cardiovascular fitness, be active continuously for a minimum of 20 minutes.
- To build muscular fitness, do appropriate reps and sets.

**Type** refers to the ____________ of activity you do to get the benefit you want.
- For example, the type of activity you use to build cardiovascular fitness is different from the type of activity to build strength or flexibility.

The Physical Activity Pyramid represents the ____________ and ____________ of physical activity that people should do to remain fit and healthy.

Proper rest is important to ____________ and ____________. Each of us needs time to relax in whatever way we choose to recover from daily stress and to prepare for challenges ahead.

Lifestyle activities are: Activities that you can do ____________ or nearly every day – on your ____________, or with ____________ else.
- Examples include walking, jogging, cycling, hiking, and involvement in other outdoor recreational activities.

Active aerobics is associated with many health and wellness benefits.
- Active aerobics benefits ____________ fitness and ____________ composition.
- You should perform aerobic activity ____ to ____ times a week.
Active sport and recreational activities are associated with many health and wellness benefits.

- They are helpful in ______________ many parts of fitness and in building ______________.
- You can substitute active sport or recreational activity for some of the aerobic activities.

To build and maintain flexibility, you should perform flexibility exercises at least _____ days per week.

- This will build flexibility, benefit __________________ and posture, and reduce injury risk.

To develop muscle strength or endurance, you must exercise at least _____ days a week.

- The type of exercise would be __________________ training (or weight training).
- Good strength and muscular endurance results in better performance, improved body appearance, a healthier back, good posture, and stronger bones.

Inactivity or sedentary living is referred to as:

- ______________ doing regular activity or exercise (bad/good).
  - We need to take time to recover from daily stresses.
  - Periods of rest and sleep are important.
  - Studying, reading, and even watching television can help.

A reasonable goal for a fitness program for most people would be

- ______________ ______________________ in all health-related categories.

**Guidelines for Choosing Physical Activities**

- **Select activities that match your health- and skill-relative fitness levels.**

- **Choose activities that meet your interests.**

- **Select activities that you can do with others.**

- **Do more than one activity for variety and enjoyment.**

- **Practice, practice, practice.**

- **Consider including an activity that does not require high amounts of skill.**