Principles of Training

Specificity

Progression

Overload

FITT

Frequency-*how often* you have to work to improve physical fitness. For exercise to be beneficial, you need to exercise 3-5 times a week.

Intensity

time

type

Skill Related Fitness

Write the definition and give an example of each Skill related component. The example can be an activity we do in class.

Agility is the ability to change the position of your body quickly and to control the movement of your whole body. Example- running through agility cones.

Balance

Coordination

Reaction Time

The amount of time it takes you to get moving once you see the need to move. Example- when I am being timed in the 50 yd dash and I react to the cue, “on your mark, get set, go”.

Power

Speed

What Is Fitness?

Brochure designed by

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5 Health

related components

* Body Composition
* Cardiovascular Fitness
* Flexibility
* Muscular Endurance
* Muscular Strength

Body Composition

The percentage of body weight which is FAT compared to other tissues such as bones and muscle. Those in the healthy range are more likely to avoid illness and have lower death rates. Extreme ranges are the most dangerous; too little body fat or too much body fat can cause serious health problems.

Cardiovascular Endurance

flexibility

muscular endurance

muscular strength