

FITNESS FOR LIFE

UNIT TWO

Becoming and Staying Physically Active

CHAPTER FOUR



How Much Is Enough?

Question One

- List the three basic principle of exercise.
- **Principle of Overload:**
 - Requiring the body to do more than is usually does.
- **Principle of Progression:**
 - The amount and intensity of your exercise should be increased gradually
- **Principle of Specificity:**
 - Specific types of exercises improve specific parts of fitness

Overload

- Doing more exercise than you normally do
- Apply overload to lifting weights!



Progression



- Increasing exercise gradually
- Apply progression to running!

Specificity

- Specific exercised train specific parts of fitness!
- Apply this principle to improving upper body strength.



Question Two

- The correct range of physical activity is called your _____?
- Target Fitness Zone
- Target Heart Rate Zone





Question Three

- What does FITT stand for?
- Frequency
- Intensity
- Time
- Type



Define the Following...



- 4. Frequency:

- How often you do physical activities

- 5. Intensity:

- How hard you perform physical activities

- 6. Time:

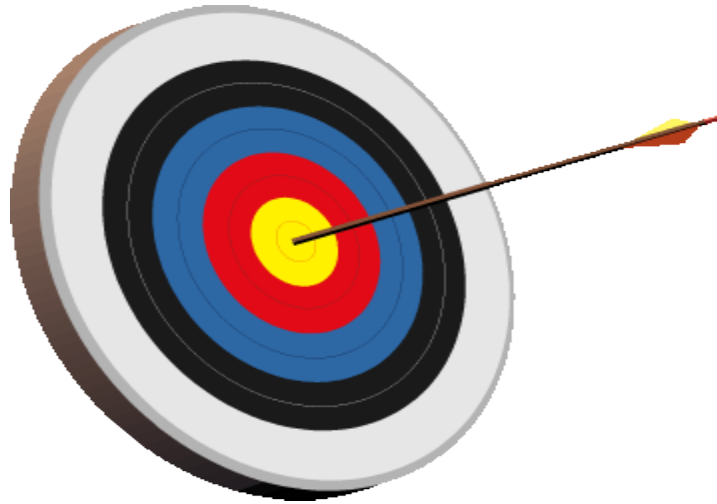
- How long you do physical activity

- 7. Type:

- The kind of activity you do to build a specific part of fitness

- 8. Threshold of Training:
 - The minimum amount of overload needed to build physical fitness
- 9. Target Ceiling:
 - A person's upper limit of physical activity

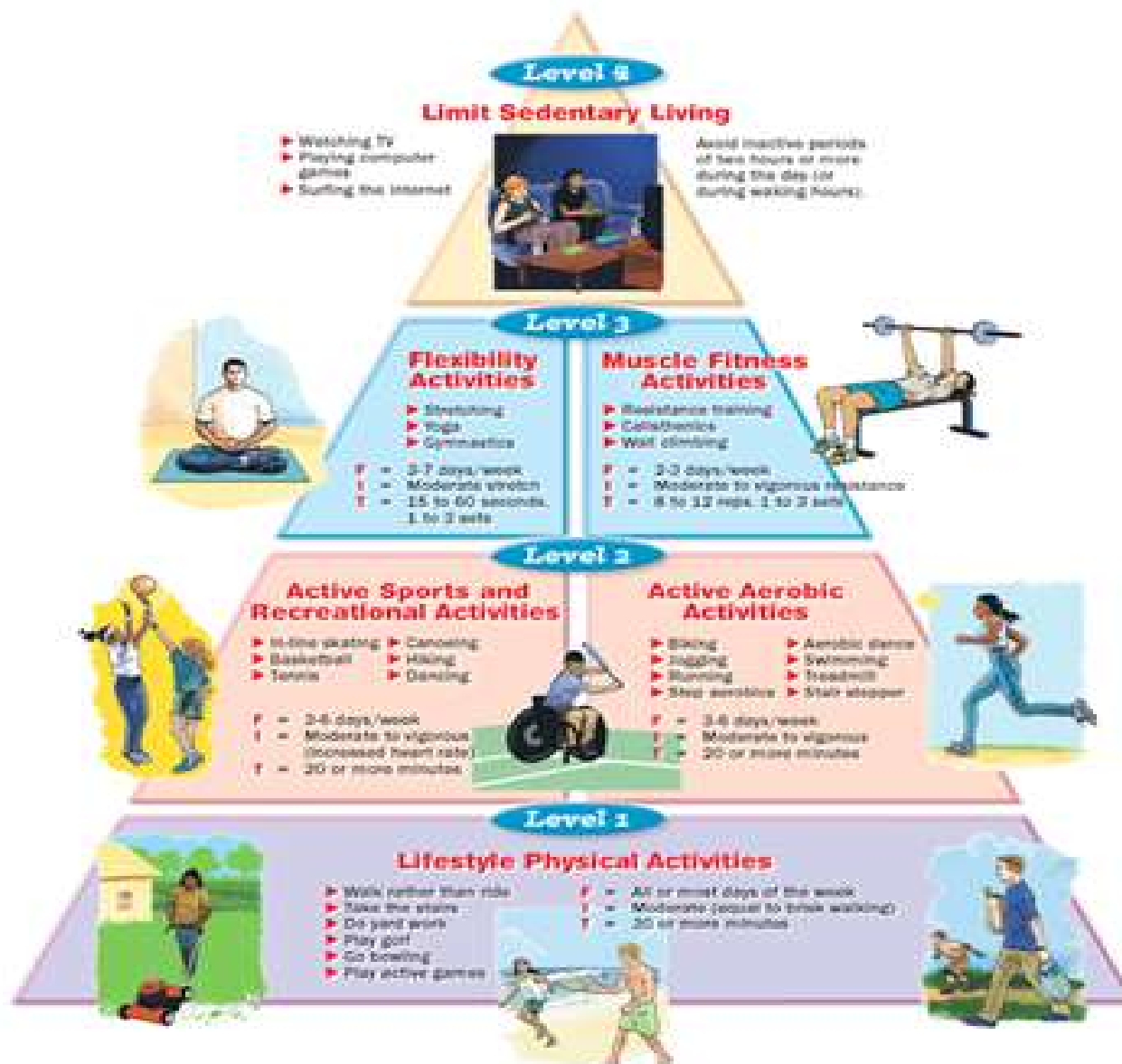
Target Ceiling



- The upper limit of your physical activity zone or Target Heart Rate Zone (THRZ)

Question Ten

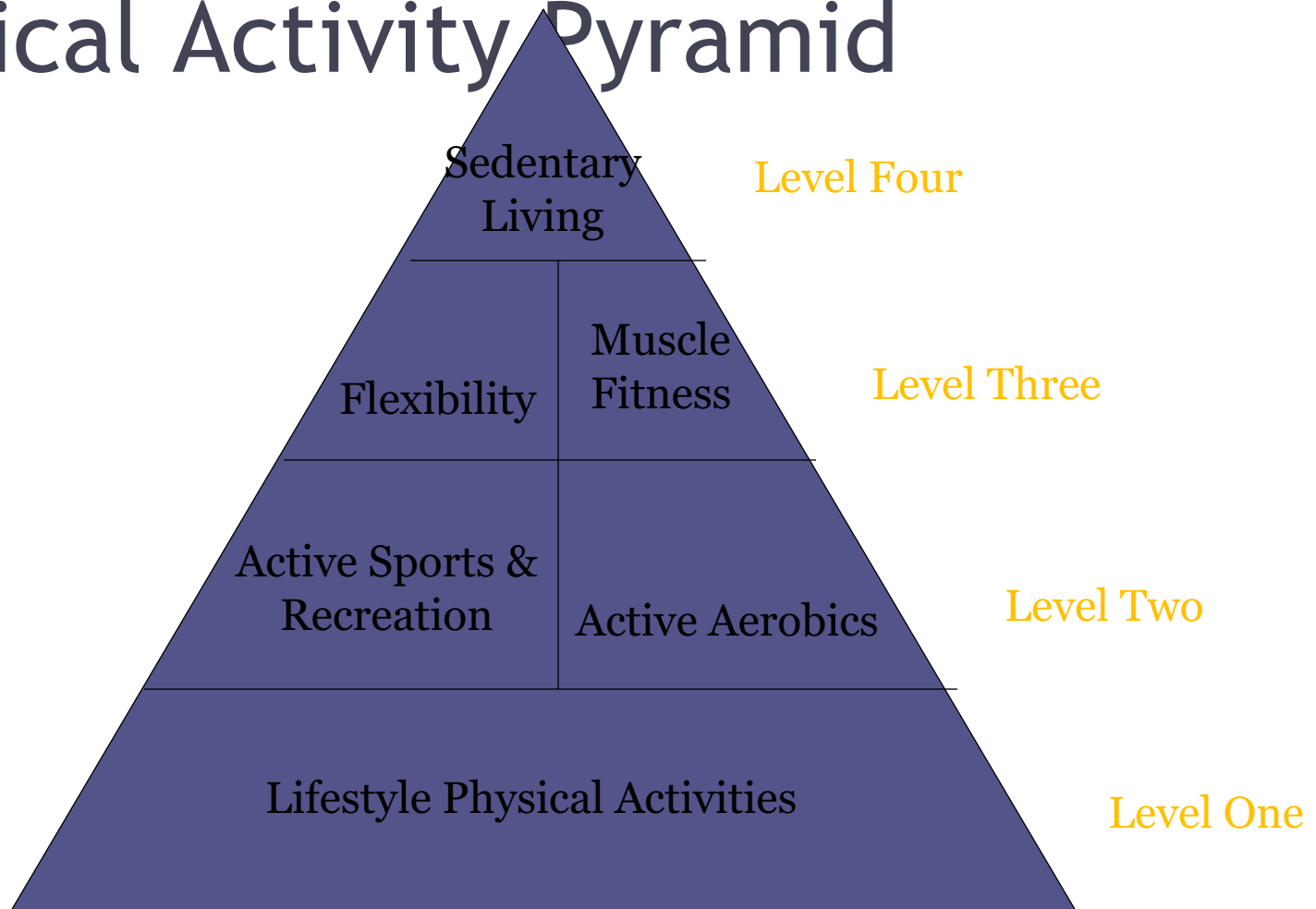
- Fill in the Physical Activity Pyramid!
- Make sure to write the level number and the name!



Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.

Physical Activity Pyramid



Question Eleven

- Fill in the following FITT formulas for the four levels on the Activity Pyramid...

Level One: Lifestyle Physical Activities

- F: All or most days of the week
- I: Moderate (equal to brisk walk)
- T: 30 to 60 minutes
- T: Yard work, Speed walking, Golf

Level Two: Active Sports & Recreation / Active Aerobics

- F: 3 – 6 days of the week
- I: Moderate to Vigorous (THRZ)
- T: 20 or more minutes
- T: Jogging, Aerobics, Swimming, Biking

Level Three

Flexibility Muscle Fitness Activities

- F: 3 – 7 days a week F: 2 – 3 days per week
- I: Moderate Stretch I: Moderate-Vigorous resistance
- T: 15–60 sec / 1–3 sets T: 8 – 12 reps / 1 – 3 sets
- T: Static Stretches T: Isometric, Isotonic, Isokenetic

Level Four: Limit Sedentary Living

- F: Every day
- I: Low
- T: Avoid inactive periods of 2 hours
- T: Watching TV, Computer, Video games

Question Twelve

- List the factors that influence physical fitness.
- Physical activity, maturation, age, heredity, environment, lifestyle choices

Question Thirteen

- What guidelines should you follow when choosing a physical activity?
 - 1. Consider your interests
 - 2. Consider an activity you can do with others
 - 3. Consider the benefits of the activity
 - 4. Consider your physical fitness level

Discussion Question:

- How can you use the Physical Activity Pyramid to begin planning your physical activity program?

CHAPTER FIVE

***“Learning self-
management skills”***

Question One

- List the stages of Physical Activity and give a brief description of each one!

Couch potato

- Totally sedentary.
- Do no regular physical activity.
- More that 40% of all adults over 18 are in this category!!



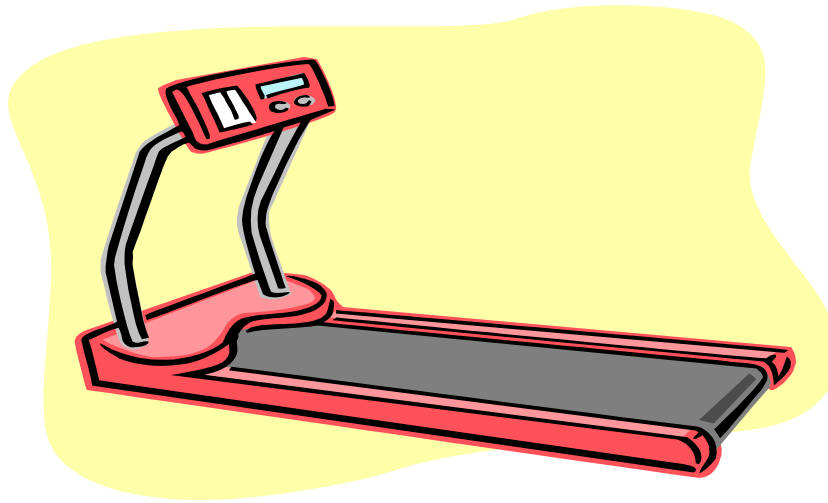
Inactive Thinker

- Thinking about being active.
- Does little or no activity.



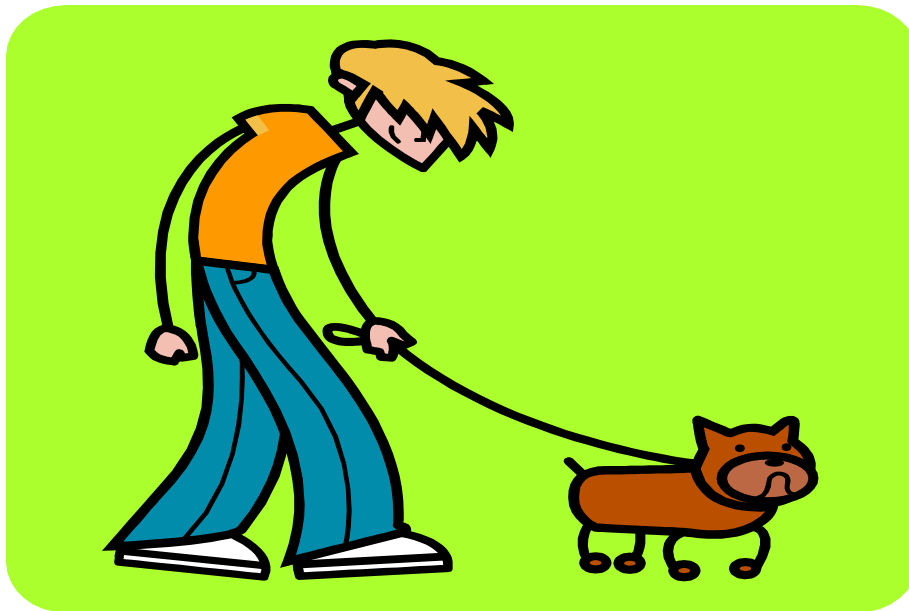
Planner

- Makes a plan to be active.
- Makes preparations to begin working out!



Activator

- Active...but does not meet the recommended minutes/days of activity.
- Inconsistent in activity/workout days.



Active exerciser

- Regularly active and has been for months!



Question Two

- It is interesting to note that _____ are less active than _____ in all levels of the Activity Pyramid except flexibility.
- Girls
- Boys

Question Three

- As teens progress through school, they become _____ active!
- Less

Question Four

- Define self-management skills:
- Skills used by a person to take control of his/her lifestyle or behavior to stay physically active.

Question Five

- A self-management skill that enables you to test your own fitness is called:
- **Self Assessment**

Question Six

- The self-management skill that helps you learn to keep records (or logs) to see whether you are improving is called:
- Self Monitoring

Question Seven

- The self-management skill that helps you learn to enjoy physical activity for your own personal reasons is called:
- Building Intrinsic Motivation

Question Eight

- The self-management skill that helps you set realistic and practical goals for achieving physical fitness is called:
- Goal Setting

Question Nine

- List the ten steps to goal setting...

1. Be realistic
2. Be specific
3. Personalize to your level
4. Write it down
5. Consider all parts of fitness
6. Self-assess periodically
7. Focus on improvement
8. Set new goals periodically
9. Participate with others
10. Reward yourself

Question Ten

- What is a long term goal?
- A goal that takes months or even years to accomplish

Question Eleven

- What is a short term goal?
- A goal that can be reached in a few days or weeks

Question Twelve

- What are the two types of goals to consider when planning your fitness program?
- Physical activity goals & Physical fitness goals

Discussion Question...

- Give an example of a short term and long term goal that you have set for yourself to improve your physical fitness level. What steps are you taking to accomplish these goals?

CHAPTER SIX

Lifestyle Physical Activity and Positive Attitudes

Question One

- Level One on the Activity Pyramid is called:
- Lifestyle Physical Activities

Question Two

- Define Lifestyle Physical Activities:
- Activities that people can do regardless of age or physical ability and are of moderate intensity

Question Three

- Write the FITT formula for Lifestyle Physical Activities:
- Frequency: Most days of the week
- Intensity: Moderate (equal to brisk walk)
- Time: 30 – 60 minutes
- Type: Walking, Golf, Yard Work, Bowling

Question Four

- Define Metabolism:
- The use of energy to sustain life

Question Five

- A term used to describe the intensity of an activity is called a _____.
- MET
- Example:
 - One MET is the energy you expend while resting
 - Ten MET represents a vigorous activity

Question Six

- Estimate how many METs are burned in the following activities:
- Brisk Walk: 4 - 5
- Raking Leaves: 3 - 4
- Bicycling: 5 - 7
- Jogging: 10 - 12
- Step Aerobics: 8 - 12

Question Seven

- For optimal benefits to health and wellness, you should expend ___ to ___ calories a week.
- 2,000 to 3,500

Question Eight

- What are some of the reasons why people are NOT physically active
- 1. Not enough time or too tired
- 2. No social support
- 3. Don't know where to start / Uneducated

Question Nine

- What are some of the reasons why people ARE physically active?
 - 1. Enjoy the activity / FUN
 - 2. Builds self confidence
 - 3. Challenging / Attain goals

Essay Question

- Teens are often more active than adults. Why do you think people become less active as they grow older? Why do you think attitudes change towards activity as we get older?
- Do you think you will become more or less active as you get older and Why?? What types of activities do you see yourself doing ten years from now? What fitness goal will you set for yourself to accomplish when you graduate from high school? Graduate from College?