



Week 1

FITT Principle

OBJECTIVES



Name the components of the FITT principle.



Define the components of the FITT principle.

What is the FITT Principle?

Frequency

How often
you
exercise

INTENSITY

How hard
you
exercise

TIME

How long
you
exercise

TYPE

Specific
exercises
you do.

Frequency



Frequency is **how often** a person performs a physical activity.



Teenagers should perform physical activity on a daily basis.

Intensity



Intensity is **how hard** a person exercises during a physical activity period.



Exercising at a level where the heart is beating between 50% and 85% of a person's maximum heart rate (220 minus age) or approximately 142–186 BPM (average for youth).

Time



Time is **how long** you should exercise.



Teenagers need 60 minutes of physical activity daily.

Type



Type refers to **specific exercises** that you do.



Types of cardiovascular fitness exercises include rhythmical, repetitive activities that involve large muscle groups and are performed over prolonged periods.
Examples include: running long distance, singles tennis, swimming laps

Test Your Knowledge

- Click on the link below to take a quiz on the FITT Principle.
https://www.educaplay.com/learning-resources/5251982-fitt_principle.html