

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.

