FITNESS – FITT Principle

Please do not write on this paper.

Matching

Completion Choices:

- A. Cool-down
- B. Frequency
- C. Warm-up
- D. Duration/Time
- E. Intensity

1.	is commonly measured by monitoring heartbeat rate durin exercise or physical activity.				
2.	You should gradually increase your until you are exercising daily.				
3.	Someone just starting an exercise plan should start with a(n) of about 15 minutes.				
4.	During, stretching can help prepare the body to exercise without injury.				
5.	During, gentle exercises help the body prepare to stop exercising				

Yes/No

Leroy is working on an activity plan. His primary goal is to increase his heart and lung endurance. Read the following suggestions. If the suggestion WILL help Leroy meet his fitness goal, answer Yes. If the suggestion WILL NOT help Leroy meet his fitness goal, answer No.

- 6. Leroy should focus on aerobic exercises.
- 7. Leroy should skip his warm-up in order to get the maximum benefit from each exercise.
- 8. Leroy should plan to exercise every day as soon as he begins his plan.
- 9. Leroy should limit his activity to strength training.
- 10. Leroy should exercise at a high intensity everyday.

Multiple Choice

- 11. If you can jog and talk at the same time the exercise is A. aerobic B. anaerobic.
- 12. You can use the FITT Principle to A. plan you exercise program
 - B. increase you body composition
 - C. measure your fitness level
 - D. all of the above

13. The difference between aerobic and an	aerobic is	B. time C. frequency D. fitness		
is the fitness training amount of work that the body performs. T A. Specificity B. Overload C. Anaerobic exercise D. Aerobic exercise	This increased was			
15. Running in a marathon is an example of	of	exercise.	A. SpecificityB. OverloadC. AnaerobicD. Aerobic	
16. Running sprints (maximum effort) is a	n example of ex	A. Sp B. Ov C. Ar	pecificity verload naerobic erobic	
17. The FITT Principle A. is used to determine how fit I am. B. is used to plan my fitness program. C. is only important if I am a competitive athlete. D. is used to help with weight loss.				
18. The "F" in FITT Principle stands for	A. Fluency B. Fitness C. Frequency D. Flexibility			
<u>Matching</u>				
19. The number of times a person exercise	s each week.			
20. The difficulty of your physical activity	or exercise ses	sion.		
21. A period of low to moderate exercise to	o prepare your l	oody to end a w	orkout session.	
22. A period of low to moderate exercise to	o prepare your l	oody for more	vigorous activity.	
24. An exercise that involves intense physics short bursts of energy.	ical activity that	t requires little	oxygen but uses	

A. anaerobic

B. frequency
C. intensity
D. cool-down

E. warm-up

Yes / No

Pat has learned that he/she is carrying too much body fat. Pat is planning a fitness schedule to help him/her lower body fat and increase lean body tissue. Read the following suggestions. If the suggestion WILL help Pat meet his/her fitness goal, answer Y. If the suggestion WILL NOT help Pat meet his/her fitness goal, answer N.

- 25. Pat should begin by exercising no more that once a week.
- 26. Pat should determine his current abdominal muscle strength and endurance by measuring his/ her pulse after doing curl-ups.
- 27. Pat should include a warm-up before every exercise session.
- 28. As Pat's fitness schedule continues, he/she should gradually increase the exercise time.
- 29. In order to maintain consistency, Pat should never vary his exercise schedule.
- 30. If Pat feels pain, stop exercising.

Extra Credit

Design a one week fitness program for yourself using the Principle's of Fitness.