

## F.I.T.T. Formula Project

### Introduction: What is the context for this task?

Fitness and Health contain similar properties but are two different concepts. Health is a positive state of physical, mental and social well-being. Fitness is a capacity to participate in and benefit from physical activity. Fitness has both mental and physical dimensions.

The higher the level of fitness, the greater the chance the body will be free of disease and maintain a healthy state. Fitness is a major part of a preventative medicine approach to health.

*No matter what your goal, current fitness level, or exercise experience, you can employ the F.I.T.T. principle/formula to plan an effective exercise program.*

**Task:** What is it that I must do?

1. *Plan and design your own fitness program, choose from the following contexts:*

A: *Create your own personal fitness (Health Related) program.* **Non-Athletes**

- The program is to last for 6 weeks
- design a sample work-out /schedule: showing the day(s), and time(s) in which particular activities are to take place
- be sure to show the duration, and intensity of each session;
- Apply the FITT principle/formula to the four Components of Health Related Fitness within that program:
  - Cardiovascular Endurance
  - Flexibility
  - Muscular Strength & Endurance
  - Body Composition

**Or**

B. *Select the sport you are currently competing in (e.g. Football; Hockey; Baseball; Swimming etc).* **BDHS Athletes**

- set an appropriate goal, and design a 4-6 week program using the FITT principle/formula
- design a sample work-out /schedule: showing the day(s), and time(s) in which particular activities are to take place
- be sure to show the duration, and intensity of each session;
- identify a physical exercise/program under each of the following headings:
  - Flexibility
  - Cardiovascular Endurance
  - Muscular Strength & Endurance
  - Body Composition

See [Fitness Training](#) for a general introduction. (Ctrl + Click to follow link)

Then check out the following websites to get started - Ctrl + Click to follow links:

[The FITT principle](#)

[FITT](#)

[workouts](#)

[The fitness jumpsite](#)

**Process:** What steps must I take to complete the task?

**Step 1** Review of previous learning

- a) In order to prepare for your task define the following principles of training:
  - Reversibility ('Use and Disuse')
  - Specificity
  - Progressive overload
- b) Now that you have considered how progressive overload improves training outcomes; examine the FITT principle/formula to understand how it's applied when planning a fitness training program
- c) Outline what the acronym means (clearly show what each "letter" stand for).

[F.I.T.T.](#)

[The F.I.T.T. Principle](#)

## Step 2      Applying the FITT principle/formula

1. To begin with, for each of the Components of Health-Related Fitness (flexibility, muscle strength & endurance, cardiovascular endurance, body composition) briefly outline how you would apply the FITT principle to each.
2. Display all the information and work you have covered in **Steps 1 & 2** in a Powerpoint.
3. Record how and where you sourced your information.

The following websites may help you in your search - Ctrl + Click to follow links:

[Components of Fitness.doc](#)

[Components of Fitness](#)

[How To Get Started](#)

[Fitness Training](#)

[Principles & Guidelines 3](#)

[Exercise for health](#)

### **Flexibility**

[Endurance:Flexibility:Strength](#)

[Fitness training flexibility](#)

[Fitness flexibility](#)

[Flexibility for Beginners](#)

[Physical fitness for teens](#)

### **Muscular Endurance and Strength**

[Endurance:Flexibility:Strength](#)

[Strength Training](#)

[What does muscular endurance mean?](#)

[VHI](#)

[Basic Principles of Exercise](#)

[Endurance:Flexibility:Strength](#)

[Weight training for kids and teens](#)

[Safe ways to exercise for teens](#)

[An Exercise video for Teens with Spina Bifida](#)

## **Cardiovascular Endurance**

[Definition](#)

[Fit Zone](#)

[General Fitness](#)

[Physical Fitness](#)

[Fitness Basics](#)

[How to measure heart rate](#)

## **Body Composition**

[Your body](#)

[Body Composition -Body Fat - Body Weight](#)

[Teen Weight Concerns](#)

**Other Resources** - [Principles of Training](#)

### Step 3 Design the program

A: Create your *own personal fitness (Health Related) program*. **Non-Athletes** the program is to last for 6 weeks. Apply the FITT principle to the five Components of Health Related Activity within that program, remember to show the day(s), and time(s) in which particular activities are to take place and the duration and intensity of each session;

- Cardiovascular Endurance
- Flexibility
- Muscular Strength & Endurance
- Body Composition

Or

B: Select the sport you are currently competing in (e.g. Football; Hockey; Baseball; Swimming etc) **BDHS Athletes**

- set a goal appropriate for the chosen activity, and design a program for 4-6 weeks using the FITT Principle. Include exercises within the five Components of Fitness, which are specifically suited to your chosen sport. Remember to show the day(s), and time(s) in which particular activities are to take place and the duration and intensity of each session.

### Step 4 Presentation of Work

- a) Submit a copy of your designed program to your teacher. Ensure that it includes/outlines in detail how each element of F.I.T.T. is applied to each component.
- b) Create a PowerPoint presentation outlining the reasons behind the program you designed and why it would be a good program for you to follow.
- c) You may be required to present this to your class mates

**Evaluation:**      How will my learning be evaluated?

Consider how you got on with the task by completing the evaluation form below and returning it to your teacher. **Circle the appropriate box in each section:**

	<b>Outstanding 4</b>	<b>Achieving 3</b>	<b>Developing 2</b>	<b>Beginning 1</b>
<b>Research</b>	I used and integrated information from several sources. I analyzed the task, organized the information, and applied it to the task	I used several resources for information and support. I analyzed the task, organized the information, and applied it to the task given	I used resources to support my role. I applied the information to the task given	I took all of my information straight from one source
<b>Facts</b>	Information used was accurate and appropriate and conveyed all of the facts related to the topic	Most of the appropriate facts related to the topic were conveyed	I did not include all of the appropriate facts related to the topic	I used some inaccurate or inappropriate information
<b>Presentation</b>	My PowerPoints were well planned, clearly illustrated and easy to follow.	I communicated my message through an organized and structured presentation	I could have structured and/or organized my PowerPoints differently in order to better communicate my message	Lacked structure and/or organization so the message was not well communicated
<b>Practical Aspect</b>	The activity session was well planned, safe, enjoyable and effective for improving my current level of fitness in all the health-related component areas.	The activity session was well planned, safe, enjoyable and effective for improving my current level of fitness in some of the health-related component areas	While the activity was appropriate, enjoyable and safe, it did not contribute to improving my currently level of fitness.	The activity used was not appropriate to the task given. It lacked essential elements for safety and enjoyment
<b>Creativity</b>	The project was extremely creative using a variety of current fitness resources & activities.	The project was creative using several current fitness resources and activities.	Shows some creativity using a few new fitness resources and activities.	Lacks creativity Redundant

## Conclusion

## What have I learned?

Congratulations you have completed your task

Self-reflection is important, so make sure you write and reflect on how you performed.

Among the things you will need to consider are:

- how well you worked on your own
- how effective was the task in helping you to understand how the application of the FITT principle/formula is useful in achieving and maintaining fitness.

Write your conclusion in bulleted form, on the back of your evaluation.

\*E-mail both of your Powerpoints to your teacher, once you have mailed the Powerpoints, turn your Evaluation Sheet with your written Conclusion on the back into your teacher.