

FITNESS STUDY GUIDE

F. I. T. T. PRINCIPLE: (5TH & 6TH GRADE

* **F** Stands for **frequency of exercise**. How often are you going to exercise? Most days of the week.

* **I** Stands for **intensity of exercise**. How hard should you exercise? If we were to take our pulse rates during exercise it should be between **25-30** beats in 10 seconds. Hard enough so that you cannot sing but can talk. Your target heart rate zone **70-85%**. There is a formula for determining a person's maximum heart rate.

It is $220 - \text{age} = \text{Max H.R. in beats per minute}$.

**** 6th grade needs to know how to find Target heart rate.**

Example: Joe or Jane 6th grader (age 12)

$220 - 12 = 208$; Max H.R. is 208 beats per minute!

In designing an exercise program you want to work at 70% to 85% of your Max H.R. So I did the math and figured we would take our pulse for 10 sec's.

$220 - (\text{age}) \text{ or } 12 = 208$

$208 \times 70\% = 145$

10sec count = **24**

$220 - (\text{age}) \text{ or } 12 = 208$

$208 \times 85\% = 177$

10sec count = **30**

* **T** Stands for **Time**. How long should you exercise? You should exercise at a minimum of **30 minutes per day**. Keep in mind that you want to be working at your Target Heart Rate range (70% - 85%).

* **T** Stands for **Type**. How active are you exercising. Choose **aerobic** exercise choices. Aerobic exercise is activities with a continuous use of oxygen that works major muscle groups like your arms and legs. **Anaerobic** exercises are shorter spurts of activity with interval rest periods.

**** When your body is getting the right amounts of F.I. T. T. you can tell because your body gives you signals to let you know.

Here are some **SIGNALS:**

- * You get red.
- You Sweat.
- You get hot.
- Your pulse is faster.
- You breathe harder or faster or deeper.

**** Reasons for warming up:**

- Prepare muscles for strenuous exercise.
- Gradually get circulatory system ready for exercise.

**** Reasons for cooling down**

- To gradually get heart rate back to normal.
- Stretch so muscles don't get sore.
- Increase flexibility.

Fitness Principles (6TH GRADE)

FITNESS- A dynamic state of energy that enables one to carry out daily tasks, pursue leisure activities and to meet un for seen emergencies without undue fatigue.

BENEFITS OF EXERCISE- Increase efficiency of heart and lungs by reducing heart rate and increasing stroke volume.

F I T T Concept: **frequency** of exercise; **Intensity** of exercise; Amount of **Time** you exercise; **Type** of exercise.

5 COMPONENTS OF EXERCISE: (6TH GRADE)

- 1) **Muscular Strength**- The greatest force (maximal) a muscle group can generate against resistance. E.g. (Weight lifting)
- 2) **Muscular Endurance**- The ability to perform continuous force repeatedly over time. E.g. (Push up test)
- 3) **Flexibility**- The mobility and range of motion of a joint. E.g. (Sit and reach)
- 4) **Cardiorespiratory Endurance**-The compacity of your heart and lungs to deliver nutrients and oxygen to tissues. E.g (Mile Run)
- 5) **Body Composition**- Amounts of fat and lean body tissue that make up your body. E.g. (underwater weighing) (skin caliper measurement)

2 Types of Exercise:

Aerobic- Continuous movement using oxygen.

Examples: Cross country skiing, distance running, dance, rollerblading, Rope jumping, Treadmill, bicycling,

Anaerobic- Short spurts of movement using a minimum amount of oxygen.

Examples: Football, basketball, gymnastics, hockey, lacrosse, weight lifting, golf

NUTRITION- Nutrients made up of vitamins, carbohydrates, and minerals that help to fuel Good nutrition requires choosing foods that offer the best balance of nutrients for your body's needs.

Basic Rules

1. Eat a variety of foods
2. Eat at least half of your calories from carbohydrates
3. Eat high fiber foods
4. Avoid too much fat (especially saturated fat)
5. Minimize your sodium and sugar intake.

6. Try to maintain ideal body weight
(**FITNESS TEST ITEMS**)

Fall and Spring

MILE RUN	Measures:	Cardio respiratory Endurance
PUSH UPS	Measures:	Upper body Strength/Endurance
SIT UPS	Measures:	Abdominal Strength/Endurance
SIT and REACH	Measures:	Flexibility of Hamstring Muscles
PACER	Measures:	Cardio respiratory Endurance