

Fifth grade fitness study guide

F.I.T.T Principle

- ✓ F: frequency- how often you exercise
- ✓ I: intensity- how hard you exercise
- ✓ T: time- how long you exercise
- ✓ T: type- what kind of exercise

Frequency: 30 minutes a day, 5 or more times a week

Intensity: heart needs to beat faster than resting heart rate, 25-30 heartbeats in 10 seconds

Time: A minimum of 20-30 minutes

Type: Something that will get your heart beating faster, Aerobic Exercise (continuous use of oxygen)

Taking your Pulse:

Wrist: use fingers not the thumb

Located on the inside (thumb side of your wrist)

Neck: Use fingers not thumb

Located on the right or left side of Adam apple

The number of beats per minute is your heart rate

- ✓ 10 seconds of beats X 6 = 60 seconds or 1 minute For example 15 X 6 = 90 beats per minute
- ✓ 6 seconds of beats X 10 = 60 seconds or 1 minute. For example 15 X 10 = 150 beats per minute

Three parts to a work out

- ✓ Warm up
- ✓ Training/Activity/Exercise
- ✓ Cool Down