

What are the principles of training? **Principle of Overload:** increased demands are made upon the body which causes the body to adapt improving fitness

Principle of Progression: gradual increase in exercise or activity over a period of time. This could include frequency (number of days per week) intensity (reaching a higher heart rate) or time (exercising for longer periods of time or doing more repetition)

Principle of specificity: specific exercises for specific Muscles; select the exercise program which is appropriate for the specific fitness component you want to improve (running improves cardiorespiratory not flexibility)

Principle of Regularity: Exercise on a regular basis; ("use it or lose it")

Principle of Individuality: Train with individual goals and objectives for fitness; start at a level that is good for you and increase when your body adapts, not based on what others do

How do I apply the principles of Training? Use the FITT guidelines, which are FREQUENCY, Intensity, Time and Type

What is meant by Frequency? How often you exercise; the number of days per week EX; Cardio fitness can be improved with 3 workouts a week but there are more benefits if you work out 5 times a week

What is meant by Intensity? increasing the difficulty of an exercise; EX: increase the speed of the run; increase the amount of weight you lift; increase the distance you stretch
Your body will adjust to a workload so it is necessary to increase the demands to continue to improve the fitness level

What is meant by Time? Increase the duration or length of the training session - If you

increase the time, it is wise to decrease the intensity
Likewise, if you increase the intensity, it is best to decrease
the time

What is meant by Type? The kind of activity (aerobic dance; jogging or swimming
improve cardio fitness)

What are the training program guidelines? Cardiorespiratory-

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Flexibility-

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Muscular strength

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Muscular Endurance

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Body Composition

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What are the benefits of warm-ups?

Why is it important to cool down after exercise?

What does a good cool down look like? Give examples.

Name some other training factors?

Plateau:

Overtraining:

Cross Training:

What is meant by “losing your training”?

What factors should be considered before you start a training program?

- 1.
- 2.
- 3.
- 4.

What are some common exercise myths?