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COMPONENTS AND PRINCIPLES OF FITNESS PROGRAMS

(Textbook pages 209–216)



1 Key Terms and Definitions



Define the key terms below in your own words.

Key Term	Definition
explosive load increase	
gradual load increase	
periodization of training principle	
progressive resistance (overload) principle	
reversibility principle	
specificity of exercise principle	
training frequency	
training intensity	
training time	
training volume	



work-to-rest ratio	
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2 FITT to Be Square



The mnemonic FITT can be used to remember the four major training components that should be considered when designing a comprehensive fitness program. Match each word on the left with its meaning on the right by writing the corresponding letter in the space provided.

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|-----------|-------|------------------------------------|
| Frequency | _____ | A) What activity should I do? |
| Intensity | _____ | B) How often should I exercise? |
| Time | _____ | C) How hard do I need to exercise? |
| Type | _____ | D) How long should I exercise for? |

In the following table, check off whether each activity relates to *frequency*, *intensity*, or the amount of *time* the activity is performed.

Activity	Frequency	Intensity	Time
Exercising more often			
Cross-country skiing faster			
Rowing a longer distance			
Swimming six days per week instead of three			
Increasing number of sets			
Increasing number of repetitions per set			
Increasing the pace of cycling			
Stretching farther			
Playing soccer five days per week instead of three			
Holding a stretch longer			
Going all out on a 400-metre run			
Increasing the amount of weight lifted			
Making the heart beat faster			
Running uphill instead of running in the stadium			
Lifting weights four times per week instead of one			

