Foundations of Personal Fitness

Chapter 3, Section 2

**What You Will Do**

* List the components of exercise
* Describe the principle and how it applies to a fitness program.
* Apply the principles of frequency, intensity, time, and type to a fitness program.
* Describe methods of evaluating levels of in a workout.

**Terms to Know**

* exercise prescription
* overload principle
* frequency
* cardiovascular conditioning
* intensity
* heart rate
* perceived exertion
* talk test
* time
* type

**Your Exercise Prescription**

* **Exercise prescription** is the “ ” of exercise you need to maintain a high level of fitness.
* The factors of an exercise prescription are referred to as FITT.
  + F=
  + I=
  + T=
  + T=
* Exercise prescriptions are governed by the principle,

the principle, and the **overload principle**.

* + You will learn about the principles of specificity and progression in Lessons 3 and 4.
* These scientific principles are applied to an exercise program by adjusting all the FITT factors in your prescription.
  + The first FITT factor is
  + Frequency considerations are:
    - Your specific fitness goals. One basic goal should be **cardiovascular conditioning**
    - Your level of fitness
    - Other priorities and responsibilities in your daily life.
  + The second FITT factor is .
    - For cardiovascular conditioning, a reliable measure of intensity is a percentage of your maximum .
    - Another method of determining intensity is using **perceived exertion** or Ratings of Perceived Exertion (RPE).
    - RPE are based on your awareness of specific body cues; such as how hard you are , your heart rate, or body .
    - Another method for monitoring your intensity is the .
    - For weight training, a useful gauge of intensity is a percentage of your maximum strength.
    - strength is a measure of how much weight you can lift one time for a given exercise.
  + The third FITT factor is
    - A workout that is too may result in limited progress.
    - A workout that is too will increase your risk for injuries.
  + The fourth FITT factor is .
    - The choice and type of activity you participate in are up to you.
* The type of activity and the particular activity you do should be guided by these considerations:

1. **What you**   **doing**
2. **How much**   **you have for the activity**
3. **How much**   **you can afford to spend on needed equipment**