Foundations of Personal Fitness

Chapter 3, Section 4

**What You Will Do**

* Describe the principle and how it applies to your fitness plan.
* Recognize the relationship between progression and
* Explain how and detraining contribute to negative health problems.
* Identify ways of optimizing your from physical activity or exercise.

**Terms to Know**

* progression principle
* overtraining
* fatigue
* insomnia
* restoration
* cross-training
* overuse injury
* trainability
* training plateau
* detraining

**Progression**

You have learned about two principles involved in exercise prescription: and

In this lesson, you will learn about a third principle: the  **principle**.

When acquiring any new skill, you start slowly, then progress to more advanced levels.

If you increase all the factors in your FITT at once, you risk and  **injury**.

**Stages of Personal Fitness Progress**

1. Initial Stage
2. Improvement Stage
3. Maintenance Stage

These factors affect progression:

* Your initial fitness level
* Your heredity
* The rate at which you overload your body or change your FITT
* Your specific goals
* Your

Trainability is determined, to a large extent, by .

Different people train at different rates.

  **plateaus** are a natural part of the training process.

People experience if they lose the battle of will when a training plateau occurs.

One measure that can prevent detraining, particularly if you are injured, is .

 is the leading cause of overuse injuries and burnout.

Health problems from overtraining include:

* Chronic **fatigue**
* Insomnia
* Constant muscle soreness
* Rapid weight loss
* Loss of appetite
* Elevated resting heart rate
* Elevated blood pressure
* Weakened immune system
* In females, absence of menstrual cycles, and possible infertility

The speed of depends on your FITT.

If you exercise daily, you will need to recover more quickly than if you worked out every other day.

**Factors That Influence Restoration**

**1.**

**2.**

**3.**

**4.**