



7th Grade FITNESS



I can concepts...

Health & Fitness

Describe the following principles of training:

Reversibility - Reversibility is when you lose the effects of training because you stop working out. On the other hand, it also means that detraining effects can be reversed when they resume training. It takes less time to lose fitness than to gain it. In short, if you don't use it, you lose it.

Specificity - Specificity is where any training undertaken should be relevant and appropriate for the sport in which someone is training for. (Examples: a runner should train by running and a swimmer should train by swimming.)

Progression- Progression is the increase in exercise to make it more demanding once the body has adapted to the exercise being done before. If the exercise routine happens too quickly, you can get hurt. If the process is too slow, you won't be very happy with slow progress.

Explain the FITT guidelines for *aerobic capacity* and *flexibility*.

	AEROBIC CAPACITY	FLEXIBILITY
FREQUENCY	3-5 days per week	3-5 days per week minimum (every day would be better)
INTENSITY	Work in your target heart rate zone (150-180) or at a level that can have simple conversation.	Hold a stretch until slightly uncomfortable, but not painful.
TIME	30-60 minutes at least.	Hold a stretch for 15 seconds.
TYPE	Aerobic Activities – bicycling, swimming, jogging, etc.	Two Types: <i>Static</i> – no movement <i>Dynamic</i> – gentle movement

