



# 7<sup>th</sup> Grade WELLNESS

*I can concepts...*

## **Define specificity as one of the 4 principles of training.**

*Specificity is training that is related to and appropriate for the sport that you are training for.*

Example – for football, an athlete needs to work on strength/agility/power, flexibility, but can't forget aerobic capacity. Runners need to “run” yet still work on strength and flexibility. The principle simply states that training must go from highly general to highly specific which includes all areas of fitness.

## **Define flexibility.**

*Flexibility is the range of motion in a joint or group of joints.* Flexibility is related to muscle strength. Flexibility can be improved with stretching exercises. While stretching does not increase your muscle strength, it is an important part of reducing the risk of injury and soreness that results from activity.

## **Explain the FITT guidelines for flexibility.**

Frequency	3 - 5 days per week
Intensity	Stretch to a point just before you feel pain – don't let the <i>stretch reflex</i> kick in!
Time	15-30 seconds per stretch
Type	Static (not moving) or Dynamic (part of warm-up)

## **Explain how activity affects my fitness levels.**

All forms of activity whether it is aerobic, flexibility, muscular strength or lifestyle, affect fitness levels. The muscular system gets stronger and more flexible and can also go for long periods of time doing activities that are at a higher level which helps aerobic capacity. The more active, the better!