

### Fitness Component Examples:

This week we have discussed the FITT principle and the terms overload, specificity and progression. The purpose of using these techniques is to be able make changes to your body. These principles are proven techniques, or scientific laws. You can make changes to these fitness components with the FITT formula.

### Assignment: **TYPE** (2 times)

You will attach a photo of you doing something that represents a type of fitness. I have listed the 5 components of fitness below for your review. In my example, my photo was an example of me working on muscular strength. I then gave the frequency, intensity and time I should work on this exercise.



You will give 2 examples for 2 different components of fitness.

**F: 3 days a week**

**I: 8**

**T: 5 sets of 5 or 3 sets of 8. (over 20 reps total)**

**T: Muscular Strength**

**Cardiovascular fitness** is the efficiency with which the body (the heart and lungs) delivers oxygen and nutrients to the required working muscles and transports waste products from the cells over a sustained period of time. Or to put it another way, it's the ability of your heart and lungs to work together to provide the necessary oxygen and fuel to your body without quickly reaching a high level of fatigue and tiredness.

**Muscular strength** is the maximum amount of force (weight or heavy resistance) a muscle or muscle group can generate in a single effort to the point that no more repetitions can be done without rest. Muscular strength is quite the opposite of cardiovascular fitness in regards to the fact that cardiovascular fitness is measured over a certain period of time. While on the other hand, muscular strength is measured in one repetition.

**Muscular endurance** is the ability of a muscle or group of muscles to perform repeated movements (or to hold a particular position) with less than maximum force for an extended period of time or until muscular fatigue. Or, to put it simplistically, it's how long your muscles can do something before getting too exhausted to finish.

**Flexibility** is the ability to move the joints or any group of joints, muscles, ligaments, and tendons through their full, normal range of motion without hindrance, discomfort, or pain.

**Body composition** is the percentage of fat in your body compared to your lean body mass (muscles, bones, tendons, ligaments, organs, etc.).

Body composition is a better indicator of your overall fitness condition than body weight. So understand that your total body weight or what you see on your bathroom scale does not tell you how much fat or lean body mass (muscle) you have.

Body composition is useful in helping to determine health risks. Therefore, knowing your body composition and how it relates to your overall fitness level is essential. An optimal ratio of fat mass to lean mass is a clear indicator of good fitness.

*Body composition has a lot to do with the balance of calorie intake and expenditure. If you are giving an example for this component, a recreational activity that can keep you active and moving for a longer period of time is appropriate.*