PHE 8 – 5 Components of Fitness & F.I.T.T. Principle

Welcome back to this new way of learning. Over the next few months PHE will be more self-directed and involve logging and reflecting upon your chosen activities. These logs and reflections will be collected every 2 weeks. It is expected that you will do at least 30 minutes a day for 5 days of the week or 1 hour a day for 3 days of the week. Your activities should be varied within the different areas of fitness and your exertion (intensity should be recorded).

Before starting a workout plan, you must first understand the principles of fitness. Your first assignment is to demonstrate your knowledge of the 5 Components of Fitness, The F.I.T.T Principle and Perceived exertion. I will be posting up information on the blog to help you with this assignment, but you should also look to additional sources to support your assignment.

Criteria:

You can demonstrate your understanding of these 3 ideas in any way that you choose. Some ideas include but are not limited to:

- Video
- Powerpoint
- Animation
- Skit
- Poster

Within your chosen method I should be able to

1. Understand the 5 components of fitness (examples recommended)
2. Understand the F.I.T.T Principle with recommendations for Cardiovascular fitness, Muscular Strength, Muscular Endurance and Flexibility.
    a. When describing "Intensity" describe what it would look like on the perceived exertion chart.
        i. For example: If I am working at a moderate level I would be breathing heavily but still somewhat comfortable and able to hold a conversation.
3. The Importance (why we do them) of a good warm up and cool down
    a. Examples of both

Your final product should be submitted by April 24th 2020