

Name: _____

Date: _____

Basic Principles of Physical Fitness

- 1.) What percentage of adults engage themselves in the recommended amount of activity?

- 2.) Define:
 - a. Physical activity –

 - b. Exercise –

 - c. Physical Fitness –

- 3.) How long should you exercise for health promotions and weight management?

- 4.) What does FITT stand for?

- 5.) How long does it take to lose any fitness gains?

- 6.) List 6 guidelines for training.

- 7.) List and define the components of physical fitness.

- 8.) What are the 6 skill related components of fitness and find one exercise to improve on this skill.