8th gr. Fitness
Body Composition & Creating a Fitness Plan

Vocabulary:

Body Composition: the proportion of muscle, bone, fat, and other tissues of which the body is composed.
Body Mass Index (BMI): a measure of body composition in which a person's weight is divided by the square of the height
Calories: a unit of heat that measures the energy available in food
Measurement: method used to assess your progress toward a goal
Metabolism: the process by which the body gets energy from food

FITT PRINCIPLE

FREQUENCY: how often you workout (days in a week)

INTENSITY: how hard you workout (perceived exertion)

TIME: how long you workout

TYPE: kind of exercise you are performing (cardio, muscular endurance, strength, etc)

Training Principles:

Overload Principle: if a person increases any part of the FITT principle to their workouts, the body will adapt to the increase and become will become stronger.

Principle of progression: to achieve a desired fitness result the overload principle should not be increased too fast or too slow.

Principle of regularity: an individual should exercise regularly at least 3 times per week.

Principle of specificity: the development of fitness is very specific, if a person wants to increase cardiovascular endurance and upper body strength, there will need to be specific activities for both areas. You can not increase upper body strength by jogging along. Specific activities are needed for each.

Repetitions versus Set:

The American College of Sports Medicine recommends:

Muscular strength = 8 - 12 reps

Muscular endurance = 10 - 15 reps

At least 1 set of each exercise to fatigue (can't do anymore), average = 3 sets

Rest between sets = 30 sec - 1 min (higher intensity = 3 to 5 min)

Workout Sessions = each muscle group 2 to 3 times per week w/ 2 days rest between for muscles to repair

Benefits of Exercise and the Health Triangle

The Physical Benefits

1. Reduce the risk of heart disease by counteracting obesity, inactivity, high blood pressure, and high cholesterol levels.
2. Improves overall health and stamina. (muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition.
3. Develops stronger bones
4. Helps in weight regulation by improving metabolism (increase how rapidly the body burns calories) Maintains a high proportion of lean body mass (muscle) while reducing overall body fat.
5. Promotes healthy active lifestyles by developing motor and sorts skills

The Mental/Psychological (Emotional) Benefits

1. Improves Academic Performance –more receptive and alert
2. Improves judgment through opportunities to problem solve.
3. Promotes self-discipline by teaching about responsibility.
4. Encourages goal setting both short and long term and are achievable.
5. Improves self-confidence-and self-esteem. Instills more confidence, assertiveness, independence, and self-control.
6. Outlet to release stress. It is an outlet for tension and anxiety.
7. Reduces risk of depression.

The Social Benefits

1. Gives an opportunity to make new friends
2. Improve existing relationships with friends and family

Perceived Exertion Scale

- **Level 1**: I'm watching TV and eating bon bons
- **Level 2**: I'm comfortable and could maintain this pace all day long
- **Level 3**: I'm still comfortable, but am breathing a bit harder
- **Level 4**: I'm sweating a little, but feel good and can carry on a conversation effortlessly
- **Level 5**: I'm just above comfortable, am sweating more and can still talk easily
- **Level 6**: I can still talk, but am slightly breathless
- **Level 7**: I can still talk, but I don't really want to. I'm sweating like a pig
- **Level 8**: I can grunt in response to your questions and can only keep this pace for a short time period
- **Level 9**: I am probably going to die
- **Level 10**: I am dead