

Theme: Basic Fitness Concepts: Definition of physical Fitness, Health and Skill related components, warm up and cool down, principles of conditioning

Suggested way to explain Comp. of Fitness to your class:

Say, “We have started doing the fitness tests. I am sure many of you remember that there are 11 components of fitness, five are health related and six are skill related.” (see posters)

“What fitness tests do we test?” (*answer: the health related list*)

“Which components are measured by these tests?” (*answer: SU and PU are musc.endurance, sit and reach is flex., mile and pacer are cardiovascular fitness, and we plan to do a body composition lab to determine percent body fat. )*

“Why are the SU and PY tests not muscular strength?” (*answer: because they are not timed. You are asked to do as many as you can with the proper form*)

“We will be experimenting with the skill related components on fitness days in the future”

After baseline fitness testing is over:

Say:”All of you will want to set some fitness goals. In order to see improvement, we will need to apply the 3 principles of conditioning, everyday, to our fitness activity (see poster)

**Overload:** “In order to get better/improve, we have to add more reps, variety or intensity to the workout. In short we, have to continue to challenge our body.”

**Progression:** “This change needs to happen gradually. We need to change the workout often or our muscles will get “bored” and no more improvement will be seen/felt. We can’t just do the same 10 situps and 5 pushups everyday and expect improvement.” Ex: Add 1 PU more per day

**Specificity:** “You will get a specific result from a specific effort to improve.” “In order to improve your sit and reach score, you need to stretch the muscles (back and hamstrings) that are involved in that test. If you want to improve your cardio, you need to run often, not just jog!

### ***Warm-up and Cool-down***

After your class is done warming-up, gather them in to ask:

“What is a warm-up” or “Why is the warm-up important? (see poster) (*Answer: We need to prepare our hearts and muscles for activity. Running and stretching does that. Running the same distance or intensity everyday will not help you to improve your cardio.*)