**Why do we do fitness testing?** Fitness testing does not test on athletic ability, but on good health. It tests on 5 components to find out what overall level of physical condition a student is in **and how it can be improved.** Some kids may have good muscular fitness but need improvement on aerobic fitness.

**FIVE Main Components within the Fitness plan are:**

1. Aerobic Capacity/Cardiovascular fitness- is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.
2. Muscular Strength- is the amount of force a muscle or muscle group can exert against a heavy resistance.
3. Muscular Endurance- refers to your muscles’ ability to forcefully contract repeatedly over an extended period of time.
4. **Flexibility-** is the degree to which an individual muscle will lengthen.
5. **Body Composition: is the amount of fat in the body compared to the amount of lean mass (muscle, bones etc.) Along with how tall you are.**

* Aerobic Capacity: running, jogging, swimming, games with running
* Muscular Strength: push ups, lifting weights, medicine balls
* Muscular Endurance: curl-up (sit-ups) repeated punching in boxing
* Flexibility: stretching, tumbling, gymnastics
* Body Composition: how much fat your body has, nutrition: proper calorie intake

## F.I.T.T. ACTIVITY CHART

|  |  |  |
| --- | --- | --- |
|  | **BEGINNER ZONE FOR EXERCISE** | **MODERATE TO ADVANCED** |
| Frequency | 3 days / week | 3 – 6 days / week |
| Intensity | 65% MaxHR | 65 – 90% MaxHR |
| Time | 20 continuous minutes | 25 – 60 continuous minutes |

Frequency: how many days per week you exercise

Intensity how hard or much energy you put out during exercise

Time: how long you exercise continuously

Type: What type of exercise

\*Now that you know what the 5 fitness components are, you’ll be better able to develop an effective fitness program.

**Components of Developing a Physical Fitness Plan: What is a physical fitness plan?**

Fitness experts suggest that you exercise 3 to 4 times a week for at least 25 minutes at a moderate to vigorous pace trying to be at your target heart rate.

-A Physical fitness Plan consists of setting goals and writing them down. When an individual wants to become physical fit they need to have an effective long-term exercise program that is balanced working on:

* Losing weight, toning muscles, increase muscle strength and working towards a healthy life style and body.

Incorporated into the plan is Proper Warm-up and Cool down Techniques:

* Warm-up: helps circulate your blood while increasing the temperature in the body. This helps the working muscles increases the elasticity of the muscle to prevent from muscle injury. Cold muscles don’t absorb the shock or impact as well.
* Warm-up can be a series of movements that prepares your body for moderate to vigorous activity. For example, an easy jog followed by stretches relating to the activity. Warm-up should last about 5 to 10 minutes.
* Cool down: after moderate to vigorous activity, your body needs time to recover. Walking, light stretches, and breathing techniques can be used to lower your hear t rate.
* Soreness and muscle tightness can be a result of not cooling down.