

Student Introduction – continued

The table below shows the FITT recommendations for four of the Five Components of Fitness. The fifth component, body composition, is not in the table because body composition changes by adjusting the balance of energy in and energy out.

FITT Principle Guidelines				
	F FREQUENCY How often an activity is performed each week	I INTENSITY How hard an activity is performed each session	T TIME How long an activity is performed each session	T TYPE Which activity or activities are chosen
Component of Fitness	<i>Frequency is measured in</i> ▪ Sessions per week	<i>Intensity is measured in</i> ▪ Heart Rate (HR) ▪ Rate of Perceived Exertion (RPE) ▪ Resistance ▪ Tension	<i>Time is measured in</i> ▪ Seconds ▪ Minutes ▪ Hours ▪ Distance ▪ Number of Sets ▪ Number of Repetitions	<i>Type refers to the activities or exercises that improve the corresponding component of fitness</i>
Cardiorespiratory Endurance	5-7 sessions per week	66%-85% Max HR or RPE Level 4 Intensity	Time: 60+ minutes	Running, skating, swimming, dancing and vigorous walking, etc.
Muscular Strength	2-3 sessions per week	Resistance: Heavy weight	Sets & Repetitions: Up to 8 Reps	Resistance Training, etc.
Muscular Strength and Muscular Endurance	2-3 sessions per week	Resistance: Moderate Weight	Sets & Repetitions: 9-11 Reps	Resistance Training, etc.
Muscular Endurance	2-3 sessions per week	Resistance: Light Weight	Sets & Repetitions: More than 12 Reps	Resistance Training, etc.
Flexibility	3+ sessions per week	Resistance: Mild Tension	Time, Repetitions & Sets 15+ Seconds 3+ Reps 15+ Minutes	Yoga, static stretching, dynamic stretching, martial arts, yoga