

LESSON 1: EXERCISE PRINCIPLES (FITT)

I. FITT PRINCIPLE

- Helps you create a workout plan that will be more effective in reaching your fitness goals.
- *Frequency, Intensity, Time, Type of Exercise*
 - 1) Frequency
 - This is how often you exercise.
 - Depends on a variety of factors:
 - Type of workout
 - How hard you're working
 - Fitness level
 - Exercise goals
 - 2) Intensity
 - This has to do with how hard you work during exercise.
 - 3) Time
 - This is how long you exercise during each session.
 - 4) Type of Exercise
 - The type of exercise you do is the last part of the F.I.T.T. principle; and
 - An easy one to manipulate to avoid overuse injuries or weight loss plateaus. [calories you burn = calories you eat.

II. 4 Principles of Training

1. Overload
 - In order to progress and improve our fitness, we have to put our bodies under additional stress.
 - Applying this training principle will cause long-term adaptations, enabling our bodies to work more efficiently to cope with this higher level of performance.
2. Specificity
 - This principle relates to the type of training that you do. It should be specific to you and your sport.
3. Reversibility
 - Use it or lose it.
 - Basically, if you stop training then the improvements you have made will be reversed.
4. Variance
 - Try to vary your training, to keep you interested and to give your body a different challenge.

III. Training Methods To Improve Speed, Strength, & Power

1. Resistance Training
 - This training method improves strength, power, or muscular endurance.
 - The area of fitness developed is determined by the resistance, repetitions, and sets performed.
 - ➔ Can be performed using dumbbells, barbells, resistance machines, pulleys, body weight, or equipment such as kettlebells, resistance bands, or sandbags.
2. Plyometric Training
 - This training method is used to increase power (strength x speed) and strength, this translates to higher jumps and faster sprint times.
 - This type of training is very demanding on the body, usually, 3-5 sets of 3-5 repetitions

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Gary Stidder



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Teaching Physical Education Gary Stidder,2022-10-25 This book assesses the landscape of physical education today and the issues that shape it as a curriculum subject particularly in the era of COVID 19 It explores the processes of transformation and change that follow government policy and considers what this means for physical education practitioners in schools The book covers a wide range of important issues across micro political social cultural historical and post modernist categories Bringing together current research with autobiographical and anecdotal reflections on the realities of PE teaching it considers the significance of issues such as the emphasis on competitive sport in schools the socialization of teachers the influence of politics and policy on the classroom colonization and decolonization of the curriculum digital technologies the health and well being agenda and the impact of the COVID 19 pandemic Offering a unique set of critical perspectives on physical education today this book is essential reading for any physical education course for all teacher training programmes with a PE track and for all practising teachers teacher educators or policy makers with a professional interest in PE

Introduction to Teaching Physical Education Jane M. Shimon,2025-04-11 The third edition of *Introduction to Teaching Physical Education With HKPropel Access* provides comprehensive exploration for students considering majoring or minoring in physical education The text offers the essential content that students need to build a strong base of instructional skills and an understanding of the physical education field and it does so in an engaging manner to motivate future educators This edition incorporates the revised SHAPE America national physical education standards and grade span learning indicators for grades pre K through 12 Other updates reflect the changing nature of education and physical education An increased focus on supporting social and emotional learning SEL in physical education Information about how culturally relevant instruction supports an equitable inclusive and respectful classroom Expanded Teachers Talking Teaching sidebars that offer tips from successful teachers based on current challenges and opportunities A new video interview with the 2023 National Elementary PE Teacher of the Year Randy Spring Additional material regarding technology use in physical education To enhance the learning experience prompts throughout the text direct students to related online materials Fifteen case studies new key term flash cards practical worksheets lesson plan templates discussion questions and reflective prompts serve as tools to facilitate a deeper understanding of the content In *Introduction to Teaching Physical Education Third Edition* aspiring PE teachers will thoroughly explore physical education topics from both theoretical and practical perspectives Part I outlines the history of physical education including the two main systems that served as the profession s foundation influential concepts and people and current national content standards It also discusses the purpose of physical education and highlights the many teaching and nonteaching duties of physical educators Part II presents the details for effective teaching of physical education including the steps to organizing and instructing in the gymnasium It also looks at

motivational theories and how to prevent misbehavior and positively manage student behavior In part III students learn to plan quality lessons develop safe and successful lessons and use assessment and rubric design to determine whether outcomes or learning targets are achieved Part IV affords students insight into current technology issues that can be used to enhance physical education and it explores the career options available Introduction to Teaching Physical Education Third Edition will help students gain the knowledge and skills they need as they pursue their entry into the teaching profession providing them with a springboard to advance in their coursework This complete but concise text supplies the perfect introduction to the physical education field covering the essentials in an engaging and informative way as students learn to apply the principles of teaching physical education Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

The Aerial Teacher's Handbook Julianna Hane, 2015-05-05 The process of teaching in the aerial arts is a powerful opportunity to support students in their physical and personal growth While other resources in the aerial industry focus on the break down of specific skills or moves this book dives into the actual teaching process It addresses the why behind teaching as well as safety basic anatomy learning styles class planning curriculum design and more Designed for both the new and experienced aerial teacher this book offers thoroughly researched insights for anyone interested in aerial teaching

Complexity Thinking in Physical Education Alan Ovens, Tim Hopper, Joy Butler, Joy I. Butler, 2013 This title focuses on complexity thinking in the context of physical education enabling fresh ways of thinking about research teaching curriculum and learning Written by a team of leading international physical education scholars the book highlights how the considerable theoretical promise of complexity can be reflected in the actual policies pedagogies and practices of physical education

Principles and Methods of Adapted Physical Education Kristi Roth, Melissa Bittner, Elizabeth Foster, Jean Pyfer, Laurie Zittel, 2025-09-22 Principles and Methods of Adapted Physical Education 13th Edition is an evidence based pedagogically focused resource with practical information and resources to prepare educators to deliver effective legally sound and evidence based adapted physical education services It incorporates the Adapted Physical Education National Standards

Journal of Health, Physical Education, Recreation, 1960 [DSSSB Physical Educator Practice Set PDF: Get to Download Now!](#) Testbook.com, 2021-05-17 Get to practice from DSSSB Physical Educator Practice Set PDF by Testbook Improve concepts practice every now and then to enhance performance and crack the exam

Creative Yoga for Children (ENHANCED eBook) Larkin Barnett, 2010-09-01 Whether it is to start the day off right prepare to take an exam with inner calmness sharpen focus and improve the attention span or end the day on a positive note Creative Yoga for Children offers step by step instruction for more than 60 poses plus breakthrough breathing exercises that use fun innovative imagery cues It is a powerful tool when used in the classroom It is low stress and non competitive Watch the children stretch and balance in poses named for animals and shapes Several minutes when they lay down in the Cocoon Pose for a rest their wiggles are gone They are calm focused and better prepared to tackle the rest of their school day

Potter and Perry's Fundamentals of Nursing: Third South Asia Edition Ebook Suresh Sharma, 2021-03-15 Fully compliant to the new curriculum prescribed by the Indian Nursing Council Comprehensive presentation of historical background of nursing and health care policies in Indian Primary prevention of communicable diseases like H1N1 and COVID 19 Two new appendixes A Diagnostic testing and B First Aid and Emergencies New Topics added Personal Protective Equipment PPE Universal Immunization Program and Biomedical Waste Management regulations in India AYUSH and Accreditation agencies like NABH Organ donation confidentiality of patient records regulations in India Indian National Health Policy 2017 Code of Ethics for Nurses in India medicolegal issues in health care in India

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