

PE Fitness Quiz 5 Study Guide

FITT Formula

Helps determine how much physical activity is needed to stay in your target fitness zone. FITT stands for frequency, intensity, time and type.

Frequency – **How** often you do physical activity.

Intensity – **How** hard you perform physical activity.

Time – **How** long you do physical activity.

Type – Kind of activity you do to build a specific part of fitness.

3 Parts of an Exercise Program

Warm-Up

Series of activities that prepares your body for more vigorous physical activity and helps prevent injury. Usually consists of a heart warm-up, muscle warm-up, and a muscle stretch.

Activity/Workout

Part of program during which you do activities to improve the 5 areas of your health related fitness.

Cool-Down

Usually consists of a heart cool-down and a muscle cool-down and stretch. Consists of movements done at a slower pace than the workout.