

ACTIVITY 5-1

Methods to Increase Overload—FIT

NAME _____ DATE _____ CLASS _____

Purpose: To gain a better understanding of the various methods to increase overload.

Procedure: Complete the following as directed.

1. The word **FIT** can be used to remember how the principle of overload may be increased. In the space provided, write in the word each letter represents.

F _____
 I _____
 T _____

2. Check whether each item listed below relates to frequency, intensity, or amount of time the exercise is performed.

	Frequency	Intensity	Time
A. Stretching further	_____	_____	_____
B. Stretching more often	_____	_____	_____
C. Running faster	_____	_____	_____
D. Running a longer distance	_____	_____	_____
E. Running five days per week instead of three	_____	_____	_____
F. Increase number of sets	_____	_____	_____
G. Making the heart beat faster	_____	_____	_____
H. Increase number of repetitions	_____	_____	_____
I. Increase amount of weight lifted	_____	_____	_____
J. Increase the pace of your run	_____	_____	_____
K. Hold the stretch longer	_____	_____	_____
L. Lift weight three days per week instead of two	_____	_____	_____
M. Play two games of racquetball instead of one	_____	_____	_____
N. Play tennis five days per week instead of three	_____	_____	_____

ACTIVITY 5-2

Principles of Training

NAME _____ DATE _____ CLASS _____

Purpose: To gain a better understanding of training principles concepts.

Procedure: Read Chapter 5 before completing this worksheet.

Part I: Principle of Overload

A. Define principle of overload: _____

B. Wanda has not had instruction on how to train properly. For each statement listed below, check whether she should maintain, increase, or decrease overload.

	Maintain Overload	Increase Overload	Decrease Overload
1. She has been jogging seven days a week.	_____	_____	_____
2. She has been sick for two weeks and unable to exercise.	_____	_____	_____
3. She has experienced discomfort in her arms after adding ten pounds to the barbell because her friend was lifting this much.	_____	_____	_____
4. Her stomach is still protruding after two sit-ups are performed one time per week.	_____	_____	_____
5. Her leg muscles are tight the day after exercising. Pre-activity warm-ups consists of two stretching exercises totaling 30 seconds.	_____	_____	_____
6. She has been jogging for some time and is able to complete her 2-mile jog in 15 minutes with ease.	_____	_____	_____
7. Her goal is to do three sets of 4 to 8 repetitions of 1/2 squats to increase leg strength. Presently, she is only able to do 5 repetitions for each set.	_____	_____	_____

Part II: Principle of Progression

- A. Define principle of progression: _____
- B. Is there evidence that Wanda properly evaluated any physical fitness component before progressing?
- C. Which item in Part I indicates Wanda did not keep in mind that physical fitness is a personal matter?
- D. Which item in Part I indicates the frequency of the exercise needs to be increased?
- E. Which item in Part I indicates the intensity of the exercise has been increased?
- F. Which item(s) in Part I indicates the amount of time the exercise is done needs to be increased?
- G. Which item in Part I illustrates progression where injury may result?

Part III: Principle of Specificity

- A. Define the principle of specificity: _____

- B. Indicate which health-related component of physical fitness is increased and what body system is specifically exercised for items 4 through 7 in Part I.

Fitness Component	Body System Exercised
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____