

Chapter 3 PRINCIPLES OF TRAINING

Name _____

Period _____ Date _____

1. The **three Principles of training** are:

a. _____

b. _____

c. _____

2. Define the **principle of overload**: _____

In order to improve your level of fitness, you must _____ the amount of regular _____ that you normally do.

3. Give an example of the **principle of overload**. (Example should include workload increase from one exercise session to the next.) **EXERCISE**: _____

— Week 1 → _____

— Week 2 → _____

— Week 3 → _____

4. **F I T T** stands for what?

•F _____

•I _____

•T _____

•T _____

5. **F**requency means _____ you exercise.

Frequency refers to the _____ you engage in physical activity or exercise.

For **F**requency to be effective: _____.

6. **I**ntensity means _____ you exercise.

If the **i**ntensity is _____, progress is _____. If you work _____, you fatigue _____.

7. **T**ime means _____ that you work.

Time refers to the _____, usually measured in minutes or hours.

As a teen, you should be physically active on a _____ for at least _____ minutes.

You should also engage in three or more sessions per week of activities that last at least _____ minutes and require moderate to **vigorous** levels of exercise.

8. **T**ype refers to the _____.

9. The **p**inciple of **p**rogression holds that as your fitness level _____, you need to increase the level of your _____ factors.

*The work gets harder as you progress, and you are the best judge of when you are ready to move forward.

10. The **s**pecificity **p**rinciple states that _____.

Every exercise or physical activity works at least one component. For example: _____ works a component, the _____.