

Learning Competencies:

- Sets FITT goals based on training principles to achieve and/or maintain HRF (PEH12FH-li-j-7)
- Explains the value of optimizing one's health through participation in Pas (PEH12FH-Id-t-14)



Dancing is good for the heart. It gives a sense of balance and coordination. It is a workout that engages the entire body. When engaging in any form of dance, always consider the **FITT Principle** of athletic training to be able to perform efficiently and minimize unnecessary body stress and injury. The **FITT principles** are an exercise prescription to help participants understand how long and how hard they should exercise. It is important because it outlines how to manipulate your program to get in shape and get better results.

FITT is acronym that stands for **Frequency, Intensity, Time, and Type**.

FREQUENCY (how often)

Experts believe it can be more beneficial to take 1 or 2 days off for the muscles to recover. Some dancers believe that they need to practice every day to improve. Doing the same movements and using the same muscles at a high intensity every day may lead to strain and injuries. **Balance out work load and recovery time to achieve good results.**

INTENSITY (how hard)

When engaging in dance exercises, always include workouts with long, repetitive, moderate-intensity exercises alternating with some short, high-intensity workouts. **Balance the intensity with your own training and that is fit for you.**

TIME (how long)

Dancing for a length of time and being able to finish the dance with enough energy to point, how and walk off require a level of cardiovascular fitness. One of the important components in dancing is having a good stamina. To improve cardio fitness, trainees recommend 20-30 minutes of nonstop exercise 4 to 6 days a week.

TYPE (what kind)

When dancing, adjust to certain movements and routines to perform better. Training must enhance muscular and cardiovascular strength/endurance. Resistance or strength training like core workouts or stretching with a resistance band will help build muscle strength. Other sustained cardio exercises (swimming, cycling, running, jogging) can help dancers build muscle stamina.

FITT can be applied to exercise in general or specific components of exercise. For example, below are some general FITT guidelines for weekly exercise.

Frequency: Daily moderate exercise is ideal, but try to exercise a minimum of 3-6 days per week.

Intensity: Moderate to vigorous intensity exercise is recommended for adults.

Time: 20-30 minutes per day.

Type: To maintain a well-balanced fitness level, perform a variety of exercises included cardio, strength, and flexibility training.

The **frequency** is mostly often because our body is going to be used to it. We shouldn't push ourselves beyond our limits with the **intensity** because doing so could lead to strained muscles, fractures, or even dislocations. The **time** of exercise should be right after waking up because our cells can be energized and the **time** should not be long, you should not exercise until you're exhausted. The **type** of exercise is important because our body should be exercise in the right way and in all ways.

Activity

1

Instructions: With the use of the FITT Principle, create a training program for three days for beginners.

	Day 1	Day 2	Day 3
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SYNTHESIS:

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including: improved condition of your heart and lungs. increased muscular strength, endurance and motor fitness.

When properly applied, FITT actually enables you to push your limits just enough to make progress without harming your body. It also decreases your likelihood of developing conditions like hypertension, obesity, or diabetes. Furthermore, exercise encourages your body to release endorphins, which offer pain relief

REFERENCES:

- <https://caronelearning.com/fitt-principles/#:~:text=The%20FITT%20principles%20are%20an,or%20specific%20components%20of%20exercise.> **(FITT PRINCIPLE)**
- Dance for Life K12 CURRICULUM (H.O.P.E for SHS)
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Physical Education and Health 3

SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK1

Instructions: Read and analyze the question. Write your answer to space provided.

1. What does **FITT** stands for and what do you know about it? **(5 points)**
2. How would you apply FITT Principle into a physically active lifestyle? **(5 points)**