Learning Objectives

At the end of unit, you will be able to:

• Articulate the current physical activity recommendations for optimal health and fitness
• Discuss chronic health problems that are affected by sedentary behaviors and nutrition choices
• Describe the health-related components of fitness and how they differ from each other
• Explain the principles of physical adaptation to training including specificity, progressive overload, reversibility, and individual differences.
• List the steps to maintain safety when designing a well-rounded and effective exercise program
• Explain the four dimensions represented by the acronym FITT Describe the basic anatomy and physiology of the cardiorespiratory system and how it is affected by exercise
• Define energy production and the energy systems Outline the benefits you obtain from cardiorespiratory endurance exercise
• Assess your cardiorespiratory endurance level and set appropriate goals
• Apply the FITT dimensions (frequency, intensity, time [duration], and type) to the development of a cardiorespiratory endurance program
• List basic exercise-related first aid principles and steps to prevent exercise injuries
• Outline the benefits of flexibility exercises
• Identify the factors that influence joint flexibility
• Explain how the different types of stretching exercises work
• Assess your flexibility level and set appropriate goals
• Apply the FITT dimensions to the development of a flexibility program and select safe stretching exercises for major joints
• Describe strategies to prevent and manage low-back pain

Now that you know have taken the first steps, you can chart your path and map out your journey. In fitness and wellness, we begin with baseline assessments (pre-tests) that will tell you where you are now, and will allow you to monitor your progress as you move toward your goal.

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