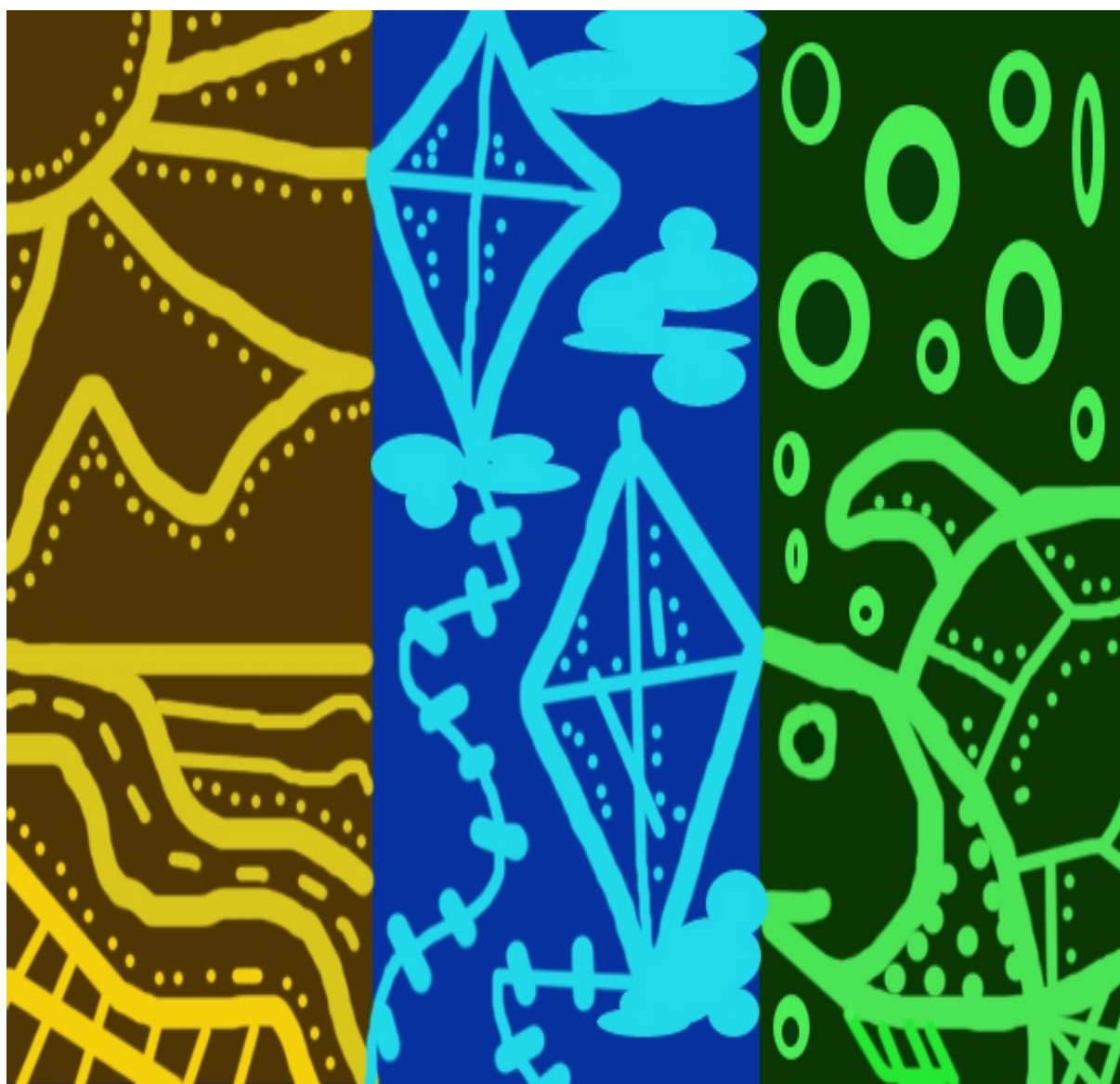


HOPE 4



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Development Team of the Self-Learning Module

Writer: George L Dacumos

Editor: Christian Bjorn R. Cunanan

Reviewers:

Illustrator: Christian Bjorn R. Cunanan

Layout Artist: Name

Management Team:

Ma. Evalou Concepcion A. Agustin

OIC-Schools Division Superintendent

Aurelio G. Alfonso EdD

OIC-Assistant Schools Division Superintendent

Victor M. Javeña EdD

Chief, School Governance and Operations Division and
OIC-Chief, Curriculum Implementation Division

Education Program Supervisors

Librada L. Agon EdD (EPP/TLE/TVL/TVE)

Liza A. Alvarez (Science/STEM/SSP)

Bernard R. Balitao (AP/HUMSS)

Joselito E. Calios (English/SPFL/GAS)

Norlyn D. Conde EdD (MAPEH/SPA/SPS/HOPE/A&D/Sports)

Wilma Q. Del Rosario (LRMS/ADM)

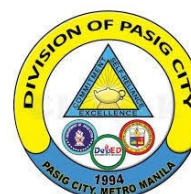
Ma. Teresita E. Herrera EdD (Filipino/GAS/Piling Larang)

Perlita M. Ignacio PhD (EsP)

Dulce O. Santos PhD (Kindergarten/MTB-MLE)

Teresita P. Tagulao EdD (Mathematics/ABM)

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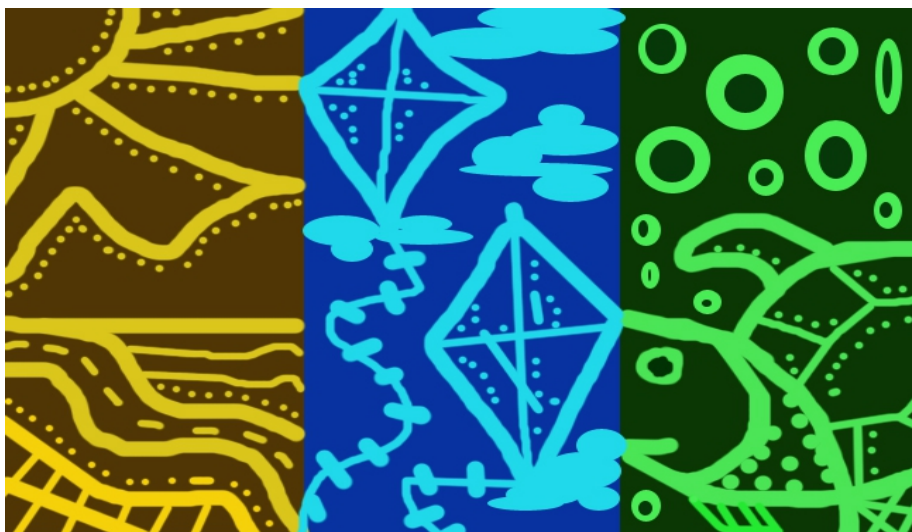


HOPE 4

Quarter 3

Self-Learning Module 6

FITT Principle



Introductory Message

For the Facilitator:

Welcome to the Health Optimizing Physical Education (HOPE 4) Self-Learning Module 6 on FITT Principle.

This Self-Learning Module was collaboratively designed, developed and reviewed by educators from the Schools Division Office of Pasig City headed by its Officer-in-Charge Schools Division Superintendent, Ma. Evalou Concepcion A. Agustin, in partnership with the City Government of Pasig through its mayor, Honorable Victor Ma. Regis N. Sotto. The writers utilized the standards set by the K to 12 Curriculum using the Most Essential Learning Competencies (MELC) in developing this instructional resource.

This learning material hopes to engage the learners in guided and independent learning activities at their own pace and time. Further, this also aims to help learners acquire the needed 21st century skills especially the 5 Cs, namely: Communication, Collaboration, Creativity, Critical Thinking, and Character while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Moreover, you are expected to encourage and assist the learners as they do the tasks included in the module.



For the Learner:

Welcome to the Health Optimizing Physical Education 4 (HOPE) Self-Learning Module 6 on (FITT Principle)

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning material while being an active learner.

This module has the following parts and corresponding icons:



Expectations - This points to the set of knowledge and skills that you will learn after completing the module.



Pretest - This measures your prior knowledge about the lesson at hand.



Recap - This part of the module provides a review of concepts and skills that you already know about a previous lesson.



Lesson - This section discusses the topic in the module.



Activities - This is a set of activities that you need to perform.



Wrap-Up - This section summarizes the concepts and application of the lesson.



Valuing - This part integrates a desirable moral value in the lesson.



Posttest - This measures how much you have learned from the entire module.



EXPECTATIONS

Most Essentials Learning Competencies:

Sets Frequency Intensity Time Type (FITT) goals based on training principles to achieve and/or maintain health-related fitness (HRF).

Specific Objectives:

At the end of the module, learners will able be to:

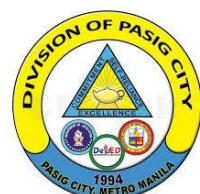
1. demonstrate an understanding of the FITT goals based on training principles to achieve and/or maintain health related fitness
2. create/set FITT programs on fitness components
3. propose a plan of what they want to achieve in terms of overall fitness level.



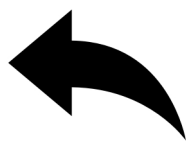
P R E - T E S T

Read the statement carefully and choose the correct answer.

1. It is an exercise program on the current fitness level and the type of activity performed.
 - a. Frequency
 - b. Intensity
 - c. Type
 - d. Time
2. The _____ of an exercise session is influenced by the intensity and type of activity performed.
 - a. Time
 - b. Time
 - c. Intensity
 - d. Type
3. This is an exercise that evaluates the strength of the arms and abdominal muscles as well as the flexibility of the shoulder joint.
 - a. Squat
 - b. Push up
 - c. Lunge
 - d. Trunk Rotation



4. A multi -joint movement that has the ability to show neuromuscular deficit in the core muscles and the lower extremity muscle.
 - a. Lunge
 - b. Trunk Rotation
 - c. Squat
 - d. Push up
5. What kind of a FITT principle, refers to the difficulty level of workout.
 - a. Frequency
 - b. Time
 - c. Type
 - d. Intensity



R E C A P

From the previous topic, you have learned about the five principles that is important in designing an exercise program. You've come to know in maintaining a desired level of fitness. For this part, let us test if you can still remember the lessons you have learned from that topic. Answer the given activity below.

1. Enumerate the five principles of exercise training
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

Great job!

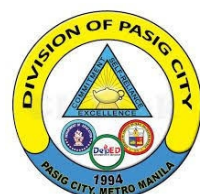
Now that we are done with our review, let us proceed to our topic for this module, which is the FITT principle.



L E S S O N

1. CONCEPT AND INTRODUCTION:

The FITT Principle is a helpful guide in designing a personalized fitness program that will address the current fitness level and trigger positive adaptations. It helps you create a workplan that will be more effective in reaching your goals. Let's break each of these down and look at them one at a time:



- a. **Frequency** is how often you exercise. Usually we measure this by number of days each week. Frequency is a key component of the FITT Principle. Remember that it's important to know why you're exercising and what you want to achieve before rushing into any exercise program.
- b. **Intensity** is how hard your exercise. We might categorize this as low, moderate, or high intensity. The best way to gauge the intensity of your exercise is to monitor your heart rate.
- c. **Time** refers to the time of day you exercise and how long each session lasts. The time dedicated to exercise usually depends on the type of exercise undertaken.
- d. **Type** refers to what kind of exercise you are doing. For example, you might do cardiovascular activity (also known simply as 'cardio'), strength training, or a combination of the two.

Each component of the FITT Principle is interconnected. For example, if you work out at a high intensity, you usually work out for less time and fewer days per week. In contrast, if you work out at a low intensity, you will work out more days per week, and each session may last a bit longer.

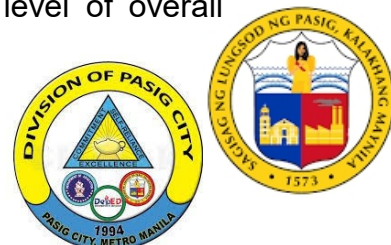
A well-designed personal physical activity plan will outline how often (frequency), how long (time), and how hard (intensity) a person exercises, and what kinds of exercises (type) are selected. The exercise frequency, intensity, time, and type (FITT principle) are key components of any fitness plan or routine. An individual's goals, present fitness level, age, health, skills, interest, and availability of time are among the factors to consider in developing a personal physical activity plan. In particular, every plan should have a schedule that progresses over time. Progression can take the form of changes in any of the FITT components, but not all at once.

Applying the FITT Principle

According to the FITT principle, an exercise routine should include exercises and activities that will improve the health-related fitness components:

- cardiorespiratory endurance
- muscular strength
- muscular endurance
- flexibility

Each workout or exercise session should begin with a warm-up and end with a cool-down. Generally, rest and recovery are as important to plan as the physical activity and exercise, and should be equally spaced between workouts. The more intense the exercise is, the longer the time required to recover. Likewise, the more novel the exercise is, the longer the time required to recover. The following guidelines are provided to identify the amount of activity or exercise necessary for the average healthy person to attain and/or maintain a minimum level of overall



fitness. Included are examples of activities/exercises, as well as safety considerations for each health-related fitness component.

The table below shows the optimal scores for adolescents in various fitness tests.

SEX	OPTIMAL RANGE			
	Aerobic Capacity (Jumping Jack)	Muscular Endurance (Push-up)	Muscular Strength (Curl-up)	Flexibility (Lunge)
Male	< 10min 30sec	30	>45	>40
Female	<11 min 30sec	20	>35	>50

FITNESS COMPONENTS:

A. Aerobic Capacity

Method: (Jumping Jacks)

1. Start standing up with your legs together, a slight bend in knees, and hands resting on thighs.
2. Keeping the knees bent, open the arms and legs out to the sides. Arms come above the head and legs wider than shoulders.
3. Close your arms and legs back to your sides, returning to your start.

<http://opishposh.com/wp-content/uploads/jumping-jacks.jpg>



B. Muscular Endurance

Method:(Push-up)

Body Part	Correct position for Push- up
Shoulder	Head is centered between the shoulder and the elbows are wider than the shoulders
Hips	Trunk remains flat and straight from heads to buttocks
Knees	Knees are straight and thighs does not touch the ground
Ankle	Weight is balanced over the forefoot
Quality	Balanced is maintain as chest is lowered close to the ground



https://media1.popsugar-assets.com/files/thumbor/6_xqvlyL5906njrvQHNFgtG8C8w/fit-



C. Muscular Strength (Curl-up)

Method: (Curl-up)

1. **Lie on your back.** On a mat, or directly on the ground, lie on your back with your arms crossed over your chest. Bend your knees slightly until your feet are flat on the floor and about a foot away from your buttocks
2. **Raise your upper body.** Contract your rectus abdominis muscles to raise your upper body off of the ground. Your shoulders should be around 30 degrees off the floor. Your rectus abdominis is the main muscle used in curl-ups.
3. **Stop when your elbows reach your thighs.** Lower your upper body back down, letting gravity help you. When you are going back down, you don't need to keep your abdominals flexed. The entire curl up should take approximately 3 seconds.



https://th.bing.com/th/id/OIP.AbNbAU_w2_vgosNIwN3TLAHaF7?pid=Api&rs=1

D. Flexibility

Method (Lunge)

Body Part	Correct position for forward Lunge
Shoulders	Elbows held behind the ears throughout the movement
Hips	Trunk remain flat and vertical
Knees	Knees are aligned with hip and foot
Ankle	Heel of the led leg should be in contact with the floor and lead knee while the heel of the rear foot is off the ground
Quality	Balanced is maintain when the lead thigh is parallel to the ground

<https://th.bing.com/th/id/OIP.ym6RKXZFDx-2XRjGxMmBGAHaHS?w=192&h=187&c=7&o=5&dpr=1.2&pid=1.7>



A C T I V I T I E S

Perform and be FITT.

Complete FITT programs under the following fitness components with the given type of exercise.

Activity 1

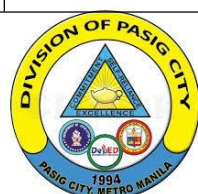
FINESSS COMPONENT	Frequency	Intensity	Time	Type	SCORE	RATING (with or below Optimal range)
Aerobic Capacity				Jumping Jack		

Activity 2

FINESSS COMPONENT	Frequency	Intensity	Time	Type	SCORE	RATING (with or below Optimal range)



Muscular				Push-up		
----------	--	--	--	---------	--	--



Endurance						
-----------	--	--	--	--	--	--

Activity 3

FINESSS COMPONENT	Frequency	Intensity	Time	Type	SCORE	RATING (with or below Optimal range)
Muscular Strength				Curl-up		

Activity 4

FINESSS COMPONENT	Frequency	Intensity	Time	Type	SCORE	RATING (with or below Optimal range)
Flexibility				Lunge		

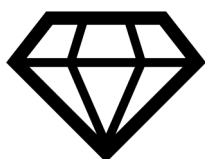


W R A P - U P

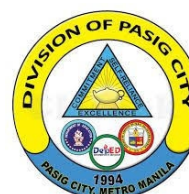
Direction: In your notebook, Write your answer on the following questions;

1. Why is it necessary to include a warm-up and cool down exercise routine?

2. What are the activities are performed during the cool down?



V A L U I N G



What do you want to achieve in the next 2-4 weeks in terms of your speed, muscle tone, endurance, strength, weight, and overall fitness level? Write your answer in the given space below.



P O S T T E S T

Directions. Answer the following questions in at least 2 (two) sentences.

1. What are the benefit of FITT principle?

2. How are you going to apply this value in your life?





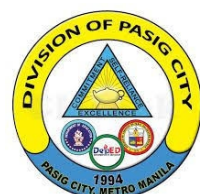
KEY TO CORRECTION

<p>POST TEST</p> <p>Answer may vary.</p>	<p>VALUING</p> <p>Answer may vary.</p> <p>1. Principle of Overload 2. Principle of Progression 3. Principle of Specificity 4. Principle of Individuality 5. Principle of Reversibility</p>	<p>WRAP-UP</p> <p>Answer may vary.</p> <p>1. a 2. d 3. b 4. a 5. d</p>
<p>ACTIVITY 1-4</p> <p>Answer may vary.</p>	<p>RECAP</p>	<p>PRE-TEST</p>

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