

Name: \_\_\_\_\_

Strand & Section: \_\_\_\_\_

Lesson 3   **Sets FITT Goals**



**What's In**

Now that you have record the result of your physical fitness test, you have then determined your strengths and weaknesses. With that fact, you are now ready to create your fitness plan. Let us try to use FITT Principle to achieve this health goals.

The FITT Principle (or formula) is a great way of monitoring your exercise program. The key components or training guidelines for an effective exercise program is spelled out with the acronym FITT

- F – **frequency** – refers to the repetition of exercise undertaken or how often you exercise
- I – **intensity** – refers to the amount of energy the exercise required or how hard you exercise
- T – **time** – refers to the number of minutes or hours you spend exercising or how long you exercise
- T – **type** – refers to the type of exercise undertaken or what kind of exercise you do



**What I Know**

Try to identify what principle of FITT the statement refers to. Write if it is frequency, intensity time or type.

- \_\_\_\_\_

1. Adjust the number of times you exercise per day/week/month to reflect:  
your current fitness level; the time you realistically have available; your other commitments like family and work; and the goals you've set for yourself.
- \_\_\_\_\_

2. It refers to the dedication to exercise usually depends on the type of exercise undertaken
- \_\_\_\_\_

3. The factor that refers to the monitoring of heart rate.
- \_\_\_\_\_

4. The kind of exercise you choose will have a big effect on the result you achieve. That's why it's important to know what you want to gain form your efforts.



**What's More**



**Principles of FITT**

	Frequency	Intensity	Time	Type
Cardio and Weight Loss	5 to 6 times per week	Easy to moderate 60-75% of maximum heart rate	30 to 60 minutes or more	Running, walking, cycling, swimming, rowing
Strength	2 to 3 times per week, not consecutive days	Depends on amount of weight lifted. The heavier the weight, the less sets and reps	Depends on intensity of workout. If intensity is high, reduce time spent	Weight machines, resistance bands, body weight like push-ups, dips
Stretching	5 to 7 times per week	Slow, easy and relaxed	15 to 60 minutes and hold each stretch 40 to 60 seconds	Static, Passive and PNF (proprioceptive neuromuscular facilitation)

1. **Overload Principle** – the body adapt to stimulus, once the body has accepted then a different stimulus is required to continue the change. In order for the muscle (including the heart) to increase strength, it must be gradually stressed by working against a load greater than it is used to.
2. **Progressive Principle** – means the body adapts to the initial overload, the overload must be adjusted and increase gradually.

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- 3. **Recovery Principle** – adaptation to physical activity occurs gradually and naturally, but time must be allowed for the regenerate and build.
- 4. **Reversibility Principle** – all gains due to exercise will be lost if one does not continue to exercise
- 5. **Specificity Principle** – training should be relevant and appropriate to the individuals need in order to produce effective result
- 6. **Variation Principle** – training programs varies in intensity, duration, volume and other important aspects of practice



What Can I Do

Let’s FITT and Dance

You are challenged to learn the different genre of dance for this semester. Identify the following principle applied to the following Dance Routine Assignments for this semester. Refer to YouTube videos and apply the exercises at home. Master at least 3 figures per dance.

**Note to Teacher:** These are just suggested dances. You may change according to how you contextualize the dances of your own culture

Dance Activity	Type of Energy	My Heart Rate (bpm)	Frequency (x week)	Intensity (slow, medium, fast)	Time (number of minutes)	Type (cardio, strength, stretching)
Wk 1: Fundamental Arm and Feet Positions						
<a href="https://tinyurl.com/y94t6jl8">https://tinyurl.com/y94t6jl8</a>						
Wk 2: Folk Dance: Lapay Bantigue						
<a href="https://tinyurl.com/y83xsq4r">https://tinyurl.com/y83xsq4r</a>						
Wk 3: Folk Dance: Pangalay						
<a href="https://tinyurl.com/ya724hny">https://tinyurl.com/ya724hny</a>						
Wk 4: Modern Dance: Contemporary Dance						
<a href="https://tinyurl.com/usuzdgn">https://tinyurl.com/usuzdgn</a>						
Wk 5: Modern Dance: Lyrical Dance						
<a href="https://tinyurl.com/ycn9qwsu">https://tinyurl.com/ycn9qwsu</a>						
Wk 6: Dancesports: Cha cha cha						
<a href="https://tinyurl.com/yapfmjdo">https://tinyurl.com/yapfmjdo</a>						
Wk 7: Dancesports: Waltz						
<a href="https://tinyurl.com/yb42wapc">https://tinyurl.com/yb42wapc</a>						
Wk 8: Cheer Dance: Arm Movements and Stance						
<a href="https://tinyurl.com/yahykyon">https://tinyurl.com/yahykyon</a>						
Wk 9: Cheer Dance: Jumps						
<a href="https://tinyurl.com/yb83kynu">https://tinyurl.com/yb83kynu</a>						
Wk 10: Hip Hop Dance						
<a href="https://tinyurl.com/yb83kynu">https://tinyurl.com/yb83kynu</a>						



What I Have Learned

After the 10-week dance challenge and self-directed activity, I have learned the following:

Type of Dance	Terms	Body Part Improved	Values and Attitude
Ex. Fundamental Arm and Feet Positions	Oblique Raise Half-circle	Arm Strength Abdominal Stamina	Persistence Accuracy Discipline

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Lesson 4   Barriers to Physical Activity



What’s In

We just have learned the importance of exercise and its benefits to our lifestyle, let us now evaluate yourself what are the barriers for you to do physical activities. Circle the number that best describes

	Very Likely	Somewhat likely	Somewhat unlikely
1. My day is so busy answering the Modules for the “new normal”	3	2	1
2. Social distancing with friends, makes me uncomfortable to perform exercises	3	2	1
3. I’m just too tired and bored with the “stay at home” policy	3	2	1
4. I’ve been thinking about getting more exercise, but I just can’t seem to get started	3	2	1
5. O think I’m healthy enough to exercise	3	2	1
6. I don’t get enough exercise because I don’t have the skills for any sport	3	2	1
7. I don’t have access to jogging, trails, pools, bike paths	3	2	1
8. Physical activity takes too much time away from other commitments – time, study, research, co-curriculum	3	2	1
9. I am embarrassed about how I look when I exercise with others	3	2	1
10.I do not get enough sleep as it is. I just couldn’t get up or stay up late to get some exercise	3	2	1
11.It’s easier for me to fine excuses not to exercise than to go out to do something	3	2	1
12.I know too many people who have hurt themselves by over doing it with exercise	3	2	1
13.I am not interested with any sports	3	2	1
14.It is too expensive. You have to take class or join club or buy the right equipment	3	2	1
15.My free times during the day are too short to include exercise	3	2	1
16.My usual social activities do not include physical activities	3	2	1
17.I’m too tired during the week and I need the weekend to catch up on my rest	3	2	1
18.I want to get more exercises, but I just can’t seem to make myself stick to anything	3	2	1
19.I’m afraid I might injure myself or have a heart attack	3	2	1

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20. I'm not good enough at any physical activity to make it fun	3	2	1
21. If we had exercise facilities and showers at work, then I would be more likely to exercise	3	2	1



What's New

How to score yourself:

- Enter the circled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the scores on each line. Your barriers to physical activity fall into one or more of seven categories.
- A **score of 5 or above** in any category shows that this is an important barrier for you to overcome

1

+

8

+

15

=

Lack of Time

2

+

9

+

16

=

Social Influence

3

+

10

+

17

=

Lack of energy

4

+

11

+

18

=

Lack of willpower

5

+

12

+

19

=

Fear of injury

6

+

13

+

20

=

Lack of skill

7

+

14

+

21

=

Lack of resources

Credits to: <https://tinyurl.com/y9gsqh4s>

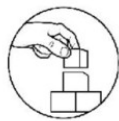


What Is It

Reflection:

1. What are my top two barriers in participating physical activity? What are my plan of action to overcome these barriers?
2. What are my realizations as I answer the assessment tool?

3. What motivational quote should I input to myself for me to get involved with Physical Fitness Activities?



**What's More**

Discuss briefly how you are going to **OVERCOME** the barriers to physical activity participation

- 1. Lack of time - \_\_\_\_\_
- 2. Social Influence - \_\_\_\_\_
- 3. Lack of energy - \_\_\_\_\_
- 4. Lack of will power - \_\_\_\_\_
- 5. Fear of injury - \_\_\_\_\_
- 6. Lack of skills - \_\_\_\_\_
- 7. Lack of resources - \_\_\_\_\_
- 8. \_\_\_\_\_



**What Can I Do**

Congratulations! You have done the 1<sup>st</sup> Module of HOPE 3, it's time for you to express artistically through a poster to promote DANCE as an exercise and stress reliever.

**Poster Making Criteria:**

- \_\_\_\_\_ - 30% Relevance to the Theme
- \_\_\_\_\_ - 25% Originality
- \_\_\_\_\_ - 20% Creativity
- \_\_\_\_\_ - 15% Color Harmony
- \_\_\_\_\_ - 10% Visual Impact



**Assessment: (Post Test)**

**Post -Test**

Direction: Circle the letter of the best answer to the following questions.

- 1. The following are nutrients needed by the body to produce energy, except:  
A. Carbohydrates    B. Fats    C. Protein    D. Vitamin C
- 2. What energy movement lasting about 5 to 15 minutes and does not require energy?  
A. ATP    B. Glycolytic    C. Oxidative    D. Aerobic
- 3. What energy system that requires carbohydrates, fats and protein where energy is used in a longer period of time?  
A. Adenosine    B. Glycolytic    C. Oxidative    D. Aerobic

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4. What energy system that breaks down carbohydrates using 1 to 2 minutes of energy?  
A. Adenosine      B. Glycolytic      C. Oxidative      D. Aerobic
5. Ruxyll constantly performs aerobic exercises because he knows the benefits of it. Which of the following is the **least** beneficial factor of aerobic exercise?  
A. It builds muscles      C. Reduce the risk of stroke  
B. Strengthens the heart      D. Controls blood the blood pressure
6. Hiroshi attended a battle during their school foundation day. He performed some b-boying, breaking, and down rock moves. What type of dance compenon he is joining?  
A. Ballroom Dance    B. Folk Dance      C. Hip-hop Dance    D. Modern Dance
7. Clarabelle is planning to manage her exercise routine. For her to stick on her exercise routine, which of the following is the best thing that she should do?  
A. Set SMART goals      C. Meditate  
B. Walk before you run      D. Observe others
8. Liam and Denise are the loveliest couple I love to see performing the Cha cha cha, Rumba and Jive. They won as the best couple for the Latin Discipline. What type of genre these dances belong?  
A. Ballroom Dance    B. Folk Dance      C. Hip-hop Dance    D. Modern Dance
9. Reane performed a solo dance during the recital. The following steps were observed: bilao, hayon-hayon, dos-a-dos and Jaleo, what is the dance genre?  
A. Ballroom Dance    B. Folk Dance      C. Hip-hop Dance    D. Modern Dance
10. Which of the following dance genre often considered to have emerged as a rejection of or rebellion against classical ballet?  
A. Ballroom Dance    B. Folk Dance      C. Hip-hop Dance    D. Modern Dance
11. Dancing offers creative outlet for people to express their personalities in a safe environment. The statement means:  
A. It improves the condition of the heart      C. It improves aerobic fitness  
B. Greater self-confidence and self-esteem      D. Weight management
12. Sunshine was a great gymnast but with her busy schedule and task in expected from her in work, she gained weights and eventually turned obese over the years. This barrier in participating physical activities refers to:  
A. Lack of time      C. Lack of will power  
B. Lack of energy      D. Lack of skill
13. Which of the following FITT principle refers to the amount of energy the exercise requires?  
A. Frequency      B. Intensity      C. Time      D. Type
14. Which component of physical fitness refers to the physical attributes such as the cardio-respiratory, muscular strength, and flexibility?  
A. Fitness      B. Health-related      C. Skills-related      D. Talent-related
15. The hexagonal test is performed by jumping to specific direction inside the hexagon in two revolutions in the shortest period of time. Which component is being assessed?  
A. Agility      B. Balance      C. Coordination      D. Speed

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Fr. William F. Masterson Ave Upper Balulang Cagayan de Oro