Assignment – Smart goal

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FIT1115 & Health and Wellness

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**Scenario 1:**

Ans1. The core concepts of fitness recommended for Cindy are:

a) CRE is defined as the capacity to perform steady, dynamic, muscular motions at medium to high-intensity levels. This boosts the heart's capacity to pump blood while also allowing the lungs to take in oxygen.

b) MS refers to a muscle's capacity to exert maximal force in a single attempt.

Ans2. The F.I.T.T. principles which can help Cindy are:

a) Factor F regulates how frequently workouts are performed over time. For example, a beginner like Cindy may conclude that 2–3 exercise sessions per week are sufficient to enhance her fitness level.

b) Factor T relates to the level of stress experienced throughout an exercise. A 30-minute fast walking, for example, is more comfortable than a 6-hour marathon.

Ans3. The activity plan for Cindy is:

a) jogging for 7 days a week for 30 minutes per day.

b) exercise for 2 days a week with a 1-day break in between for 30 minutes per day.

**Scenario 2:**

Ans1. The core concepts of fitness recommended for John are:

a) CRE is defined as the capacity to perform steady, dynamic, muscular motions at medium to high-intensity levels. This boosts the heart's capacity to pump blood while also allowing the lungs to take in oxygen.

b) ME is the capacity to exert a consistent and sustained force.

Ans2. The F.I.T.T. principles which can help John are:

a) Factor F regulates how frequently workouts are performed over time. For example, John should exercise 3 to 5 times per week to enhance his fitness level.

b) Factor I determine the difficulty level of the exercise because of the significance of the exercise, it is essential for someone like John to assess its intensity.

Ans3. The activity plan for John is:

a) bicycling 7 days of the week for 30 to 40 minutes each day.

b) gym weight exercise 3 to 5 days a week for 30minutes each day.

**Scenario 3:**

Ans1. The core concepts of fitness recommended for Donna are:

a) ME is the capacity to exert a consistent and sustained force.

b) F stands for the capacity to move the joints across a full range of motion.

Ans2. The F.I.T.T. principles which can help Donna are:

a) Factor F regulates how frequently workouts are performed over time. For example, a mature citizen named Donna may discover that mild daily exercise sessions might help her fitness level.

b) Factor T relates to the level of stress experienced throughout an exercise.

Ans3. The activity plan for Donna is:

a) walking 30 to 35 minutes morning and evening for 7 days of a week.