

# HEALTH & FITNESS COACHING ACTIVITIES



ENGAGE STUDENTS THROUGH ACTIVE, IMMERSIVE EXPERIENCES

Health and Fitness Coaching Activities guide students through key health and fitness concepts with interactive mini-lessons that provide hints and feedback

ASSIGNABLE FOR AUTO-GRADING IN MASTERING HEALTH

In this coaching activity, you will demonstrate your understanding of the terminology of fitness components and then apply your understanding to typical activities and sports examples. You will then complete an activity involving the principles of rest and recovery and see how understanding this tenet can help you avoid overtraining. To further your understanding of the FITT formula and how these factors can guide you in creating a fitness program, you will match the FITT factors to representative examples. Finally, you will read about Abby and apply your knowledge of the FITT formula and the principles of fitness to her personal exercise program.



## Coaching Activity: Introduction to Physical Fitness

- progression
- cardiorespiratory
- reversibility
- specificity
- rest and recovery
- overload
- intensity
- 3 times per week

1. By increasing the number of minutes she fitness walks, Abby is also increasing the distance she walks, thereby applying the  fitness principle.
2. Abby is applying the  fitness principle by alternating walking days.
3. By switching from different types of exercise 3 times per week to just walking 3 times per week, Abby is applying the  fitness principle.
4. By increasing her walk time incrementally by 10% each week, Abby is applying the  fitness principle.
5. Abby plans to walk at a pace that she finds moderately difficult, thereby applying the  factor in the FITT formula.
6. Abby's application of the "F" in the FITT formula is .
7. Abby's workout plan improves the muscular and  endurance health-related components of fitness.

REACH OUT TO YOUR PEARSON REPRESENTATIVE TO LEARN MORE