

Table of Contents

Unit 1: Concepts of physical fitness	1
1.1. Meanings and definitions of terms.....	2
1.1.1. Physical fitness	2
1.1.2. Physical Activity	3
1.1.3. Physical exercise	4
1.1.4. Sport	5
1.2. General principles of fitness training.....	6
1.2.1 Principle of Overload	6
1.2.2 FIIT Principle.....	7
1.2.3 Principle of Rest, Recovery and Periodization	10
1.2.4 Principle of Reversibility	12
1.2.5 Principle of Individual Deference.....	13
Unit 2: The Health Benefits of Physical Activity	16
2.1.....	Physic
al Activity and Hypokinetic Diseases/Conditions	17
2.2.....	Physic
al Activity and Cardiovascular Diseases.....	22
2.2.1	Corona
ry Heart Disease	22
2.2.2	Hypert
ension	23
2.2.3	Hyper-
cholesterolemia and Dyslipidemia	25
2.2.4	Diabet
es Mellitus.....	26
2.2.5	Obesit
y and Overweight.....	27
2.2.6	Metab
olic Syndrome	28
2.2.7	Aging
.....	29
2.3.....	Physic
al activity and postural deformity	30
2.3.1	Muscul
oskeletal disease and disorders	31
Unit 3: Making Well-Informed Food Choices	34
3.1. Sound Eating Practices	34
3.1.1	Macro
nutrients.....	35
3.1.2	Micron
nutrient	35
3.1.3	Calorie
s (Food Energy).....	35

3.2	Nutrition and Physical Performance	43
3.2.1	Nutrition Before Exercise	44
3.2.2	Nutrition During Exercise	47
3.2.3	Nutrition After Exercise	50
3.2.4	How to Plan Your Training Diet	52
Unit 4: Health related components of fitness and principles of exercise prescription54		
4.1	Health Related Components of Fitness	54
4.1.1	Cardiorespiratory Fitness	55
4.1.2	Muscle Fitness	55
4.1.3	Flexibility	59
4.1.4	Body Composition	61
4.2	Principles of exercise prescription for health and fitness	66
4.2.1	Fitness Goals	67
4.2.2	Mode of Exercise	69
4.2.3	Warm Up	69
4.2.4	Primary Conditioning Period: The Workout Plan	70
4.2.5	Cool Down	71
4.3	Individualizing workout	71
4.4	Means and methods of developing cardiorespiratory fitness	72
4.4.1	Exercise prescription for Cardiorespiratory Fitness	72
4.4.2	Starting and Maintaining a Cardiorespiratory Fitness Program	77
4.4.3	Training Techniques	79
4.5	Means and methods of developing muscle fitness	82
4.5.1	Guiding Principles for Designing a Strength and Endurance Program	82
4.5.2	Types of Weight Training Programs	84
4.5.3	Exercise Prescription for Weight Training: an overview	85
4.5.4	Developing an Individualized Exercise Prescription	87
4.6	Means and methods of developing flexibility	88
4.6.1	Exercise Prescription for Improving Flexibility	88

4.6.2 How to Avoid Hazardous Exercise.....	89
Unit 5: Assessment of fitness components.....	91
5.1.....	Evaluating Health Status.....
5.1.1.....	91
5.2.....	Assessment of cardiorespiratory fitness.....
5.2.1.....	92
1.5 Mile Run Test.....	The 1.5 Mile Run Test.....
5.2.1.1.....	92
5.2.1.2.....	The 1.5 Mile Walk Test.....
5.2.1.3.....	94
5.2.2.....	The 1.5 Mile Walk Test.....
5.2.2.1.....	94
5.2.3.....	The Cycle Ergometer Fitness Test.....
5.2.3.1.....	95
5.2.4.....	The Step Test.....
5.2.4.1.....	95
5.3.....	Assessment of Muscle Fitness.....
5.3.1.....	96
5.3.1.1.....	Assessing muscular strength.....
5.3.1.2.....	96
5.3.2.....	Assessing muscular endurance.....
5.3.2.1.....	98
5.4.....	Assessment of flexibility.....
5.4.1.....	101
5.4.1.1.....	Trunk Flexibility.....
5.4.1.2.....	102
5.4.2.....	Shoulder Flexibility.....
5.4.2.1.....	102
5.5.....	Assessment of body composition.....
5.5.1.....	103
5.5.1.1.....	The Skin Fold Test.....
5.5.1.2.....	104
5.5.2.....	Estimation of Body Composition: Other Field Techniques.....
5.5.2.1.....	107
Reference.....	109