

# *Fitness & Exercise*

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# ***Fitness***

Fitness is a condition of being fit or readiness with environment

# *Exercise*

- An activity carried out for a specific purpose
- Exercise can be defined as healthy physical exertion

# *Why Exercise ?*

- To be generally fit.
- you need to be in good health and able to carry out everyday tasks comfortably.
- Exercise is an activity you do to improve your health, fitness and sports activity

# *General Benefits of exercise*

- Improved health
- Stronger muscles
- Better flexibility
- Improved posture
- Improved heart and lung system
- Better appetite
- Feeling more relaxed
- Better social life
- Improved quality of life
- Reduced risk of disease and ill-health

# *Benefits of Exercise*

- Physical benefits
- Mental benefits
- Social benefits

# ***Physical Domain***

- Physical fitness is a state of health and well being and more specifically ability to perform in daily activities , Occupation and sports
- Improves mechanical (muscular) fitness
- Strengthens bones and connective tissues
- Improves posture(Physical appearance)
- Improves cardio vascular & respiratory fitness
- Enhances appetite
- Improves sleep and general Health

# ***Mental Domain***

- Able to cope with Stress
- Able to control emotions
- Able to Enjoy Yourself
- Feelings of self-confidence and self-esteem



# ***Social Domain***

- Improves Social Skills
- Provides opportunities for socialisation
- Friends and support

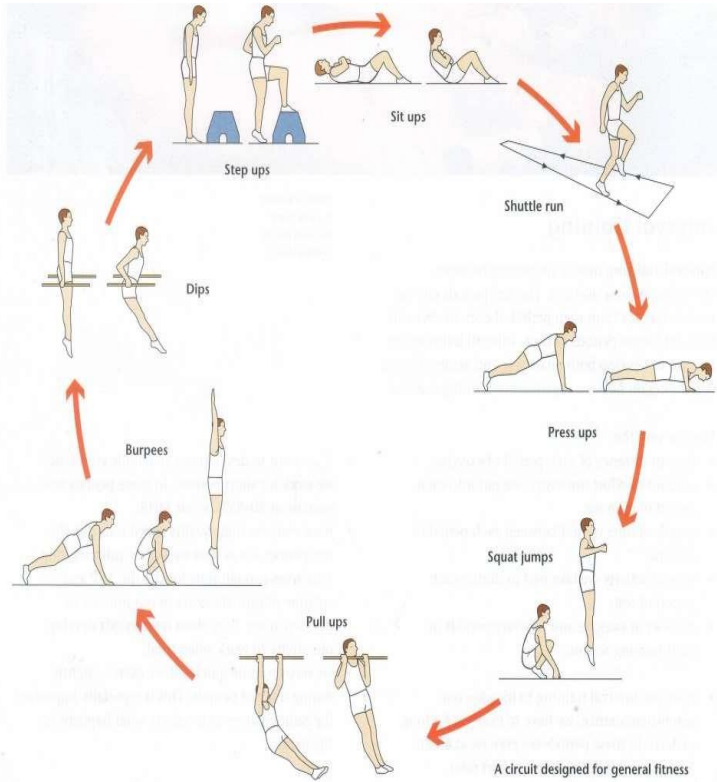
# *Components of Fitness*

- Strength
- Endurance
- Flexibility
- Power
- Speed
- Agility
- Coordination
- Balance
- Body composition
- Posture

# *Methods of Training & Design*

- INTERVAL – speed
- TEMPO / CONTINUOUS – stamina
- CIRCUIT – endurance
- WEIGHTS – strength
- PLYOMETRIC – speed, agility, strength and endurance

# Circuit Training



Circuit training allows a variety of exercises to be performed in different areas or 'stations'

# *What is F.I.T.T ?*

- Training programmes are generally designed following the F.I.T.T principles.
- The **F.I.T.T. principle** is a basic philosophy of what is necessary to gain a training effect from an exercise program
- **F** stands for **Frequency**
- **I** stands for **Intensity**
- **T** stands for **Time**
- **T** stands for **Type**

# *Frequency*

- Frequency is the number of times you exercise each week.
- The frequency of exercise is a fine balance between providing just enough stress for the body to adapt to and allowing enough time for healing and adaptation to occur...

S	M	T	W	T	F	S
✓			✓			



S	M	T	W	T	F	S
✓	✓		✓			

# *Intensity*

- Intensity is how hard you are working while you are exercising.



20 Kg lifted



40 Kg lifted

# *Type*

The third component in the F.I.T.T principle is what type or kind of exercise you should choose to achieve the appropriate training response.

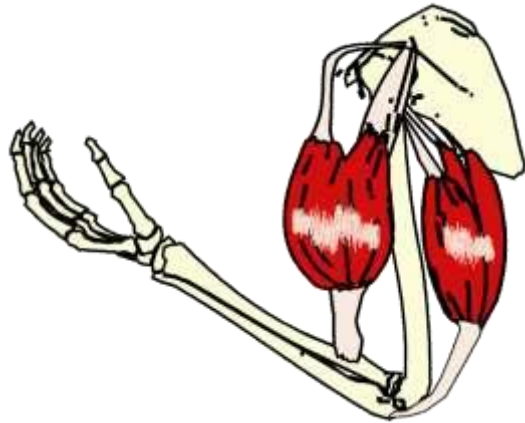


# *Time*

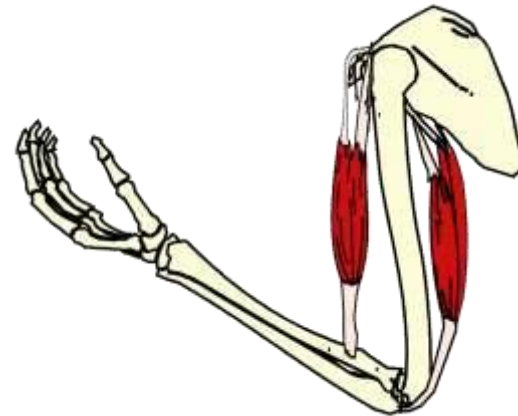
- Time is the total amount of time that is spent exercising in one session.
- The final component in the FITT principle of training is time - or how long you should be exercising.

# *Progression*

- The body cannot adapt overnight to the increased demands placed upon it by exercise. It can only do this gradually or progressively, otherwise the following is likely to occur:
- Training too much will result in injury.
- Training too little will result in no fitness benefits.



- **Do exercise with very heavy weights too soon will cause injury to the muscles and joints.**



**Do exercise with too light weights will not develop any improvements in strength.**

# *Lifetime Fitness*

## Step 1

- Doing Physical Activity
- Getting Fit

## Step 2

- Self-Assessment
- Self-Planning

## Step 3

- Lifetime Fitness
- Lifetime Activity

???

*Thank you.....*