Building Physical Fitness

FITT guidelines
- Frequency
- Intensity
- Time
- Type

Total fitness

Skill-related components
- Agility
- Balance
- Coordination
- Power
- Reaction time
- Speed

Basic training principles
- Overload
- Progression
- Specificity
- Regularity
- Individuality

Health-related components
- Aerobic fitness
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

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