



# Fitness Concepts Name \_\_\_\_\_

What does the acronym F.I.T.T. stand for?

F=  
I=  
T=  
T=

Guidelines for training!



List 5 fitness principles

- 1.
- 2.
- 3.
- 4.
- 5.

List the 5 Health-Related Fitness Components in alphabetical order:

- 1.
- 2.
- 3.
- 4.
- 5.



List the 3 parts of a workout:

- 1.
- 2.
- 3.

What are the 2 main categories of physical fitness?



List the 6 skill-related fitness components in alphabetical order:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

On the back of this paper,  
1. List as many benefits of physical activity as you can.

