

Understanding the FITT Principle

Physical Education · Answer Key · 15 Questions

1. What does the acronym FITT stand for?

A) Frequency, Intensity, Time, Type

B) Fitness, Intensity, Training, Time

C) Frequency, Impact, Time, Type

D) Fitness, Impact, Training, Type

2. What is the recommended frequency for cardio exercise per week?

A) 1-2 days

B) 3-5 days

C) 6-7 days

D) Only when needed

3. What is the primary risk of training more than five times a week?

A) Decreased VO2max

B) Increased risk of injury

C) Loss of muscle mass

D) No change in health

4. How can you tell if you are exercising at a moderate intensity?

A) You cannot speak at all

B) You can sing comfortably

C) You can talk but not sing

D) You are not breathing hard

5. What is the recommended daily duration for aerobic activity?

A) 5-10 minutes

B) 20-60 minutes

C) 90-120 minutes

D) 180 minutes

6. Which of the following is an example of a vigorous intensity activity?

A) Walking slowly

B) Running (>5mph)

C) Shooting a basketball

D) Stretching

7. What is a major limitation to using heart rate to monitor intensity?

- A) It is too expensive
- B) It is inaccurate for everyone
- C) Drug treatments may affect HR response**
- D) It only works for cardio

8. What is the recommended frequency for strength training?

- A) 3-5 days a week
- B) Every day
- C) 2-3 non-consecutive days a week**
- D) Once a month

9. How can aerobic activity time be accumulated throughout the day?

- A) It must be one continuous session
- B) In minimum 10-minute bouts**
- C) In 1-minute intervals
- D) Only during the morning

10. What does the training principle 'Overload' mean?

- A) Repeating the same exercise
- B) Stopping exercise to recover
- C) Pushing the body past its normal comfort level**
- D) Focusing only on flexibility

11. What is the 'Specificity' principle in exercise?

- A) Exercising in a specific location
- B) Matching exercise type to fitness goals**
- C) Doing only one type of sport
- D) Training at the same time daily

12. What happens to fitness gains if you stop training according to the principle of Reversibility?

- A) They continue to grow
- B) They remain the same
- C) They disappear over time**
- D) They improve health

13. What is 'Progression' in the context of fitness?

- A) Doing the same intensity forever
- B) Gradually increasing FITT components**
- C) Reducing exercise frequency
- D) Only training for speed

14. How is strength training duration typically measured?

- A) In strict minutes
- B) In heart rate zones
- C) By sets and repetitions**
- D) By perceived exertion only

15. What can be used to refine or modulate prescribed exercise intensity?

- A) Only heart rate monitors
- B) Perceived effort and affective valence**
- C) The type of shoes worn
- D) The time of day