

Understanding the FITT Principle

Physical Education · Practice Test · 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