



BODY COMPOSITION AND THE FITT PRINCIPLE



The five components of fitness are important for physical health. Each component is necessary to live a healthy and productive life. Understanding fitness levels in each component and how to improve or maintain them through the use of the **FITT Principle** will enhance overall health, performance and appearance.

Body composition is the combination of fat-free mass and fat mass. This is everything the body is made of including fat, bones, muscles, organs and water. Healthy levels of fat mass are essential for insulation of organs, absorption of vitamins, nerve conduction and as an energy source.

Body composition is affected by two factors – the number of calories eaten (energy in) and the amount of activity performed and calories burned (energy out). Both of these factors are controllable. A combined effort of eating a healthy diet (energy in) and increasing physical activity (energy out) is the best approach to maintaining a healthy level of body composition.

A healthy diet provides energy to the body and can be obtained by following the recommendations of the food guide pyramid and eating a variety of nutritious food in the appropriate amounts.

Activity should include cardiorespiratory endurance and resistance training for muscular strength. Cardiorespiratory endurance activities are recommended because when the body increases its demand for oxygen it burns calories at a much faster rate. Resistance training is recommended because it builds muscle. The more muscle the body has, the faster it will burn calories. It is important to include the **FITT Principle** for cardiorespiratory endurance and muscular strength when working to maintain or improve body composition.

The five components of fitness are connected to a complete picture of health, performance and appearance. When used consistently, they are the framework that allows for a healthy life.



BODY COMPOSITION AND THE FITT PRINCIPLE



Key vocabulary words that will be introduced during this unit are:

- **Body Composition** – The combination of fat-free mass and fat mass
- **FITT Principle** – A formula in which each letter represents a variable for determining the correct amount of physical activity F=frequency, I=intensity, T=time, T=type
- **Frequency** – How often an activity is performed each session
- **Intensity** – How hard an activity is performed each session
- **Time** – How long an activity is performed each session
- **Type** – Which activities are chosen