

Health-Related Fitness Introduction

Promoting lifetime physical activity encourages children to maintain fitness into adulthood. The most efficient means of promoting physical activity in children is to emphasize fitness experiences that foster enjoyment and accomplishment. Allow students to start at a level where they can achieve success. Encourage individual improvement and progress. Incorporate health-related fitness activities on a daily basis and teach students its importance.

5 Components of Health-Related Fitness

1. **Aerobic Capacity:** The ability of the cardio-respiratory system to work over a long period of time.
2. **Muscular Strength:** The ability of a muscle to generate force over a short period of time.
3. **Muscular Endurance:** The ability of a muscle to generate force over a long period of time.
4. **Flexibility:** The ability of the joints to move through their full range of motion.
5. **Body Composition:** The relative amounts of fat body mass to lean body mass.

FITT Principle

Follow the FITT Principle to gain the most from a fitness training program. These rules relate to the Frequency, Intensity, Time and Type (FITT) of exercise and are used to establish guidelines for improving aerobic capacity and muscular strength and endurance.

- **Frequency** – To improve aerobic capacity, a minimum of 3 days per week is recommended.
- **Intensity** – Guidelines from the American College of Sports Medicine profess to maintain 60 -90 % of maximal heart rate during physical activity.
- **Time** – General aerobic activity should last a minimum of 20 minutes.
- **Type** – Refers to the type of activity (e.g., swimming, power walking, basketball, soccer, skiing, etc.).

Calculating Target Heart Rate

Use this formula to calculate target heart rate zone (THRZ) which lies between 60% and 90% of maximal heart rate.

$$220 - \text{Age} = \text{Maximal Heart Rate (MHR)}$$

$$\text{MHR} \times .6 \text{ (60\%)} = \text{Low end of the THRZ}$$

$$\text{MHR} \times .9 \text{ (90\%)} = \text{Upper end of the THRZ}$$

Example for a 10 year old child:

$$220 - 10 = 210 \text{ (MHR)}$$

$$210 \times .6 = 126$$

$$210 \times .9 = 189$$

Therefore, their Target Heart Rate Zone is between 126 and 189 beats per minute (bpm).
On a 6 second heart rate check, they should be between 12 and 18 beats.