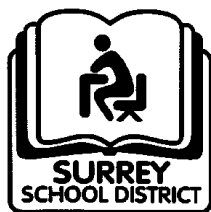


ABCS of Movement

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ABCS OF MOVEMENT

Why do you exercise? What does it mean to be fit? What are peoples' perceptions of being fit?

HEALTH RELATED COMPONENTS OF FITNESS

SPORT RELATED COMPONENTS OF FITNESS

Muscular Endurance		Agility
Muscular Flexibility		Balance
Muscular Strength		Coordination
Cardiovascular Endurance		Power
Body Composition		Reaction Time
		Speed
Health Related components pertain to the prevention of cardiovascular diseases and all associated problems.		Sport Related components are relevant for improvement in the level of performance in competitive environments.

FITT FRAMEWORK

FREQUENCY=How Often

- Minimum 3 days to maintain your level
- Recommend 4-5 days for positive health benefits

INTENSITY=How Hard

- Heart rate is one way to measure intensity
- Calculate your Max Heart Rate using $210 - (1/2)\text{age} - .05(\text{wt in lbs}) + 4$ if male
- Try to maintain your heart rate in your target zone
- RPE scale Moderate to Vigorous level

TIME=How Long

- Minimum 20 minutes continuous for aerobic benefits
- Minimum 20 seconds continuous for flexibility

TYPE=How Different

- Target strength, then resistance-type exercises
- Target flexibility, then stretching, full range of motion exercises
- Balance of endurance, flexibility and strength exercises