REC1040 – L04 – Initial Goal Setting (Part 1) – General Goals and Specifying Activities

Part 1: Lesson Overview

Before we set our S.M.A.R.T. goals, we will need to

- Determine our general fitness goal
- Identify related Health and Performance components
- Specify two activities per general fitness goal using the F.I.T.T. principle
- Determine baseline measurements for these activities

Part 2: Health and Performance components

Health and performance components

Health Components:	**Performance Components:**
□ Cardiovascular Health □ Muscular Strength □ Muscular Endurance □ Flexibility	□ Power □ Agility □ Speed □ Coordination □ Balance

Part 3: Understanding the F.I.T.T. principle

Much of this information is courtesy of https://www.sport-fitness-advisor.com/fitt-principle.html

Frequency	
Cardiovascular Training *Minimum of 3 sessions per week and ideally 5-6 sessions per week. Experts suggest that little or no benefit is obtained over and above this amount.*	**Resistance Training** *A program that works **every** body part **every** session should be completed 3-4 days a week with a day's rest between sessions. A program that focuses on just one or two body parts per session could be completed as frequently as six days per week.*
Intensity	
Cardiovascular Training *Maximum heart rate = 220 – age.* *For a beginner, a target heart rate zone is 50-70 percent of maximum heart rate. For a fitter individual, a target heart rate is 70-85% of their maximum heart rate.*	Resistance Training *Workload is the primary measure of intensity. It has three components:* *1. The amount of weight lifted per exercise.* *2. The number of repetitions completed for an exercise.* *3. The length of time to complete all exercises in a set.* *Only increase the intensity using **one** of the above parameters.*
Type	
Cardiovascular Training *The best type of exercise to tax or improve the cardiovascular system should be continuous in nature and make use of large muscle groups.* *Ex: Running, walking, swimming, dancing, cycling, aerobics classes, circuit training, etc.*	**Resistance Training** *The best form of exercise to stress the muscular system is resistance training.* *Ex: Lifting weights, resistance bands, bodyweight exercises.*
Time	
Cardiovascular Training *Heart rate should be within the target heart rate zone for a minimum of 20-30 minutes. This can increase to as much as 45-60 minutes as fitness levels increase. Beyond 45-60 minutes there are diminished returns.*	**Resistance Training** *Duration of resistance training session should be no longer than 45-60 minutes. Particularly grueling strength sessions may last as little as 20-30 minutes.* *Allow time for recovery!!!*

Target heart rates for cardiovascular exercises:

AGE	BEGINNER 60% - 70%		INTERMEDIATE 70% - 80%		ADVANCED 80% - 90%	
	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *
to 19	121 - 141	20 - 24	141 - 161	24 - 27	161 - 181	27 - 30
20 - 24	119 - 139	20 - 23	139 - 158	23 - 26	158 - 178	26 - 30
25 - 29	116 - 135	19 - 23	135 - 154	23 - 26	154 - 174	26 - 29
30 - 34	113 - 132	19 - 22	132 - 150	22 - 25	150 - 169	25 - 28
35 - 39	110 - 128	18 - 21	128 - 146	21 - 24	146 - 165	24 - 28
40 - 44	107 - 125	18 - 21	125 - 142	21 - 24	142 - 160	24 - 27
45 - 49	104 - 121	17 - 20	121 - 138	20 - 23	138 - 156	23 - 26
50 - 54	101 - 118	17 - 20	118 - 134	20 - 22	134 - 151	22 - 25
55 - 59	98 - 114	16 - 19	114 - 130	19 - 22	130 - 147	22 - 25
60 - 64	95 - 111	16 - 19	111 - 126	19 - 21	126 - 142	21 - 24
65 - 69	92 - 107	15 - 18	107 - 122	18 - 20	122 - 138	20 - 23
70 - 74	89 - 104	15 - 17	104 - 118	17 - 20	118 - 133	20 - 22
75 - 79	86 - 100	14 - 17	100 - 114	17 - 19	114 - 129	19 - 22
80 - 84	83 - 97	14 - 16	97 - 110	16 - 18	110 - 124	18 - 21
85 +	81 - 95	14 - 16	95 - 108	16 - 18	108 - 122	18 - 20

Part 4: Increasing Muscle Mass

Overload Theory: Muscles must exert more effort than previously in order to obtain muscle mass.

Specificity Principle: Focusing on exercises directly related to certain muscle groups.