

*Name:* \_\_\_\_\_ *Class:* \_\_\_\_\_ *Oct Assignment*

**Gr. 8 - Physical Fitness Assignment - Due date Oct 15th**

Give a definition for the term FITNESS:

Name each section of the FITT principle, and give an example of cardiovascular endurance for each letter.

**F** –

**I** –

**T** –

**T** –

List the 4 components that are used in the FITT principle.

1.

2.

3.



Fill in the chart below and label the areas that are needed for the FITT Principle for  
Name two components and explain each part of their FITT principle area.

	F	I	T	T
1.				
2.				

**Physical fitness is something that is developed through conditioning the body at a higher level of effort than the body is used to.**

**List 6 benefits to regular physical activity**

- 1
- 2
- 3
- 4
- 5
- 6

