

What is Fitness?

L3 Personal Trainer

Your Challenges for This Course!

- Open Debate – everyone has the opportunity to join in
- Ask Questions – the only ‘stupid’ question is one that you do not ask
- Confidentiality – inside and outside
- Patience – not everyone learns at the same pace
- Enthusiasm – controlled not bubbling over
- Professionalism – how other people view you
- Input – and lots of it ..

Role of PT

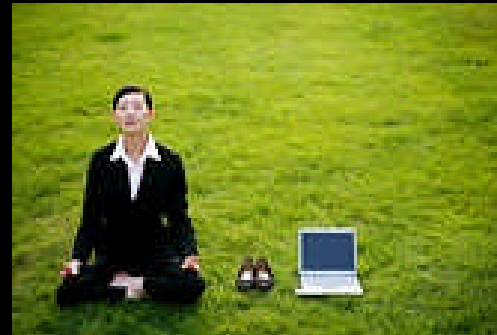
- What do you your role as a Personal Trainer being?
- Teacher
- Motivator
- Coach
- Mentor
- Instructor
- Educator
- Listener
- Facilitator
- Training Buddy

What does Fitness mean to you?



Aspects of Total Fitness

- Emotional
- Physical
- Behavioural
- Spiritual
- Nutritional
- Medical
- Social

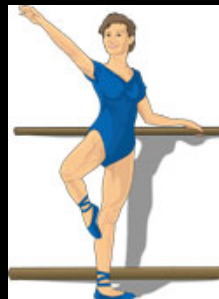


Fitness definitions

- “Good health or physical condition, especially as the result of exercise and proper nutrition.”
- “the quality of being adequately or well qualified physically and intellectually”
- “The state of being physically active on a regular basis to maintain good physical condition.”
- Fit for ... what?

Areas of Physical Fitness

- Aerobic
- Muscular Strength and Endurance
- Flexibility
- Motor Skills



Aerobic (with Oxygen) Fitness

- Activities such as:
- Cycling, Running, Swimming, Rowing, CV machines, Walking, Cross country skiing
- Moderate intensity (50% – 85%)
- Longer in duration
- Breathing and heart rates increased



Muscular Strength and Endurance

- Activities such as:
- Weight lifting, Sprinting, Gymnastics, Field Events (track), Circuit Training, Body Pump
- High intensity (75% – 100%)
- Short Bursts
- Rapid breathing and high heart rate
- Anaerobic – without oxygen

Flexibility

- Activities:
- Stretching, Yoga, Pilates, Full Range of Movement activities with minimal resistance (dynamic, static, assisted, passive)
- Low intensity (under 60%)
- 10seconds – 30seconds per exercise ???

Motor Skills

- Activities such as:
- Drills and repetitive actions, most sports involve good motor skills, consider; golf, cricket, darts and snooker(?!)
- Body awareness
- Hand and eye co-ordination
- Messages from brain to muscles

Coming Next Week

- Bones and Joints
- And bring your kit!!

