

Physical Activity & Physical Fitness

Student Handout

Important Definitions

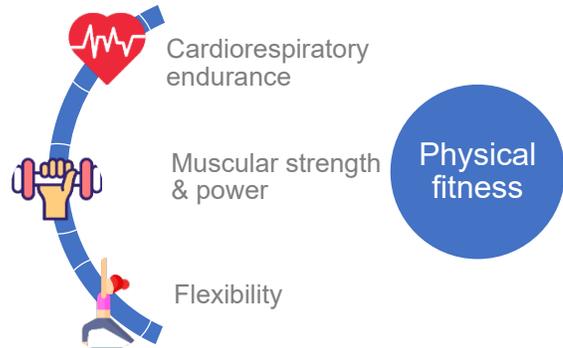
Physical activity is defined as any bodily movement that is produced by our muscles and cause us to expend energy.¹

Physical fitness is defined as the ability to execute daily activities or any activities with optimal performance, endurance, and strength.²

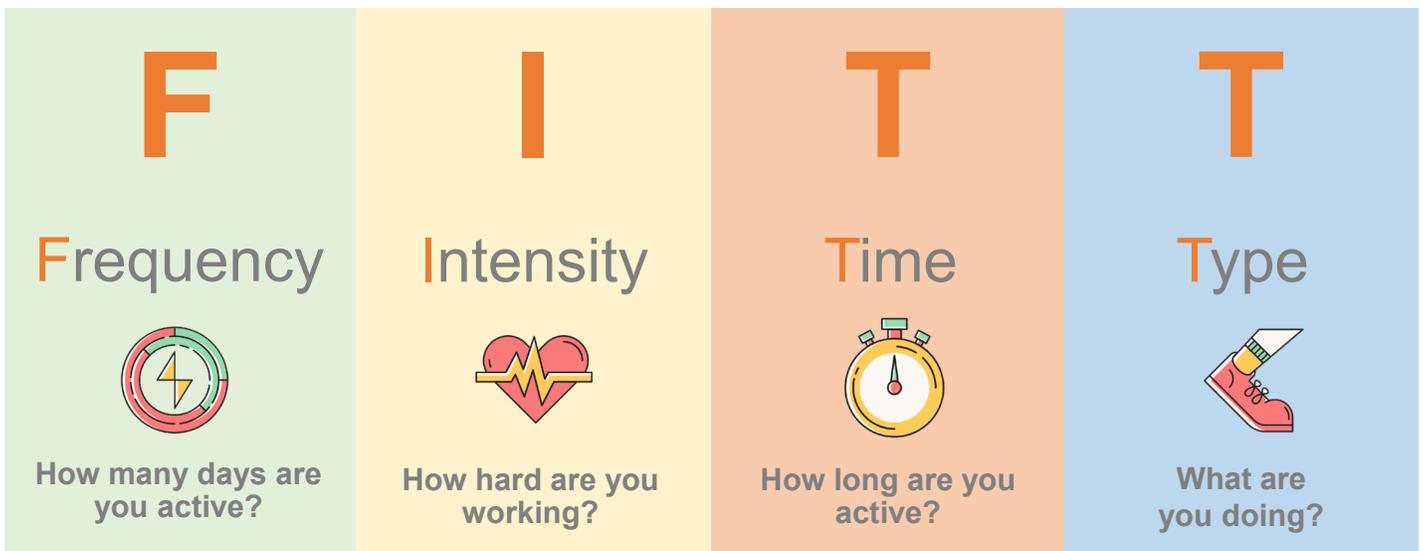
SAID Principle

The *SAID principle* says that your body makes *Specific Adaptations to Imposed Demands*.³

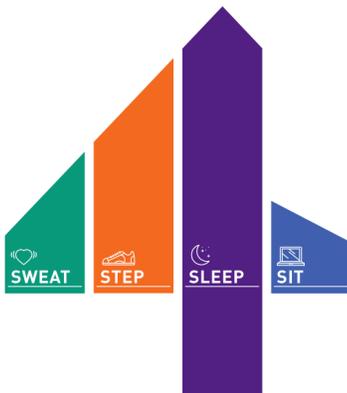
Your body will slowly adapt to the amount and type of physical activity that you perform.



FITT Principles



Canadian 24-Hour Movement Guidelines for Children and Youth⁴



SWEAT (Moderate-Vigorous Physical Activity): >60 minutes/day. Vigorous physical activities, and muscle and bone strengthening activities at least 3 days/week.

STEP (Light Physical Activity): Several hours of a variety of structured and unstructured light physical activities.

SLEEP: 5-13 years uninterrupted 9 to 11 hours of sleep.
14-17 years uninterrupted 8 to 10 hours of sleep.

SIT (Sedentary Behaviour): No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Measuring Your Intensity Level: The Talk Test

Ask yourself these two questions

Can you talk? **Yes** = Moderate intensity level
 Can you sing? **No**

Running Schedule for Beginners (5K Race)

Week	Monday (run/walk) Minutes	Wednesday (run/walk) Minutes	Saturday (run/walk) Minutes	Sunday (walk) Minutes
1	20	20	22	25
2	20	22	24	30
3	22	22	24	35
4	24	24	26	40
5	26	26	28	45
6	28	28	30	50
7	30	30	32	55
8	32	32	34	60
9	34	34	36	60
10	32	32	34	60
11	28	28	30	60
12	28	28	REST	5K RACE

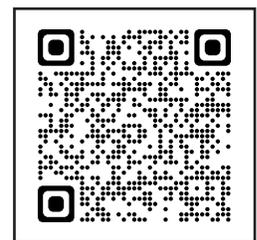
- For weeks 1 to 10, you prepare for the race by slowly building up your endurance (SAID principle) and build your training schedule using the FITT principles.
- Weeks 11 to 12 are the deload phase of training and are used to get you ready to run the race
- On the days you are not running/walking you can do other activities

Quiz Sheet

Score /4

1. Can you tell by looking at people who is more fit? **Yes / No**
2. During sleep, are you physically active? **Yes / No**
3. Who has a healthier physical activity pattern? **Ava / Lily**
4. If you set a goal of running should you run everyday? **Yes / No**

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tinyurl.com/buildyourbestday

References

1. Caspersen, Powell & Christenson, Public Health Report 1985
2. Campbell N., De Jesus S., Prapavessis H. (2013) Physical Fitness. In: Gellman M.D., Turner J.R. (eds) Encyclopedia of Behavioral Medicine. Springer, New York, NY.
3. Haff, G., & Triplett, T. (2016). Essentials of Strength Training and Conditioning, Fourth Edition. Champaign: Human Kinetics.
4. <https://csepguidelines.ca/guidelines/children-youth/>