# FITT PRINCIPLE

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_

Question 1

The FITT principle is a tool used to help with training.

**true**

**false**

Question 2

The 'F' in the FITT principle stands for Fabulous.

**true**

**false**

Question 3

The 'I' in the FITT principle stands for Intentional.

**true**

**false**

Question 4

The first 'T' in the FITT principle stands for Type.

**true**

**false**

Question 5

The second 'T' in the FITT principle stands for Time.

**true**

**false**

# Intrinsic vs Extrinsic Sources of Motivation

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Question 1

Intrinsic motivation comes from you.

**true**

**false**

Question 2

Extrinsic motivation comes from a sources outside of you such as the media, your parents, trophies, etc...

**true**

**false**

Question 3

Being motivated by the idea of winning a trophy is an example of extrinsic motivation.

**true**

**false**

Question 4

Being motivated by a desire to improve your skills is an example of intrinsic motivation.

**true**

**false**

Question 5

Your parents paying you for each goal you get in a hockey game is an example of intrinsic motivation.

**true**

**false**

# Skill Related Fitness Components

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_

Question 1

Agility is the ability to change directions.

**True**

**False**

Question 2

Muscular Endurance is a skill related fitness component.

**True**

**False**

Question 3

Speed is a fitness component. Not a skill component.

**true**

**false**

Question 4

Reaction time is a skill related fitness component.

**true**

**false**

Question 5

Power is a skill related fitness component.

**true**

**false**

# The Effects of Aerobic Activity

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_

Question 1

When you do aerobic activity, your bone density increases.

**true**

**false**

Question 2

When you do aerobic activity, you lose bone mass.

**true**

**false**

Question 3

When you do aerobic activity, you get weaker.

**true**

**false**

Question 4

When you do aerobic activity, your cardiovascular system gets stronger.

**true**

**false**

Question 5

An example of aerobic activity is a quick jump.

**true**

**false**

# Stretching, Stability, Personal (Un)Controllable Factors

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_

Question 1

You should never stretch for more than 5 seconds.

**true**

**false**

Question 2

You should not bounce while stretching. It may injure you.

true

false

Question 3

The taller you stand, the more stable you are.

**true**

**false**

Question 4

Bending your knees and separating your feet to be shoulder width apart, makes you more stable.

**true**

**false**

Question 5

A controllable factor is your attitude. You are in control of your attitude.

**true**

**false**