

The Components of Physical Fitness

AEROBIC FITNESS



Definition: any sustained activity that is vigorous enough to raise the pulse.

Prescribing aerobic programmes will include the 4 principals of FITT—Frequency, Intensity, Time & Type

Frequency—above average fitness can be maintained with 3 to 4 regular workouts per week

Intensity—Heart rates are monitored –noticeable gains are seen when heart rate rises to 60-85% of Max Heart Rate. We also use Perceived Rate of Exertion, with ‘0’ effort being nothing, and ‘10’ being maximal

Time– Minimum length of time for aerobic benefit is 15-20minutes.

Type– Vigorous, continuous & rhythmic activities, such as: Cycling; Rowing; Running; Walking; Stepping; Boxing carried out at a sustained rate will provide the best aerobic benefit