

Unit 1: Fitness for Sport and Exercise

Worksheet 1.5

A quick quiz about FITT

1. What does the F in FITT stand for?

2. What does the I in FITT stand for?

3. What does the first T in FITT stand for?

4. What does the second T in FITT stand for?

5. Which of the FITT principles tells us that training should be relevant to the sport that you play?

6. If a performer increases their training from twice a week to three times a week, which FITT principle is affected?

7. Which FITT principle is affected by how long you train for?

8. Which FITT principle relates to how hard you train?

