

Basic Training Principles for Fitness

Grade 9 Fitness

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Introduction



- Training principles help you improve safely and effectively
 - Specificity
 - Overload
 - FITT
- Help you reach fitness goals (strength, endurance, flexibility)



01

Principle of Specificity

1. Train what you want to improve (muscle group)
 - adaptations are specific to what muscles you target
 2. Match exercises to your goal (exercise/movements)
 - if you want to improve a movement, you need to train that movement
- Examples:
 - Strength → weights
 - Endurance → cardio/running
 - Flexibility → yoga/stretching

Training adaptations will occur specifically to the

⇔ **muscle groups trained**

⇔ **the intensity of the exercise**

⇔ **the metabolic demands of the exercise**

⇔ **specific movements and activities**



THINK – PAIR – SHARE



Think on your own:

“What is one fitness goal you have right now?” (BE **SPECIFIC**)

Discuss in partners:

“What exercises would actually match that goal based on specificity?”

Share:

“Do you think your current workouts match your goal and help you progress?
Why or why not?”



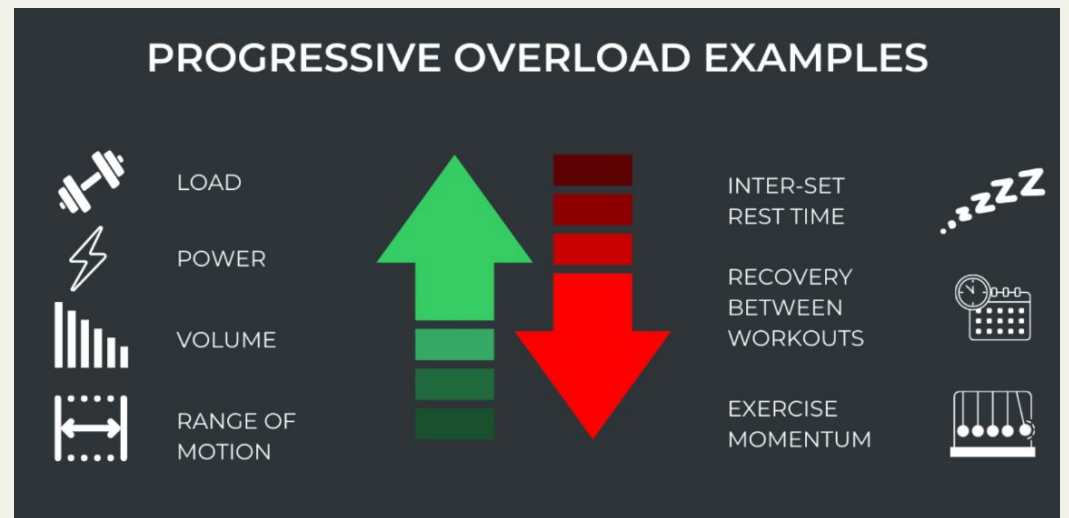
1. **Exercise Type:** Strength gains are specific to the equipment used.
 - Your body gets used to the equipment you use (e.g., free weights vs. machines).
2. **Range of Motion:** When you train the range of motion of your outcome you have better performance improvements.
 - You get stronger in the part of the movement you train (eg: half squats vs. full squats)
3. **Loading specificity:** If your goal is to get stronger **↑ weight & ↓ reps**



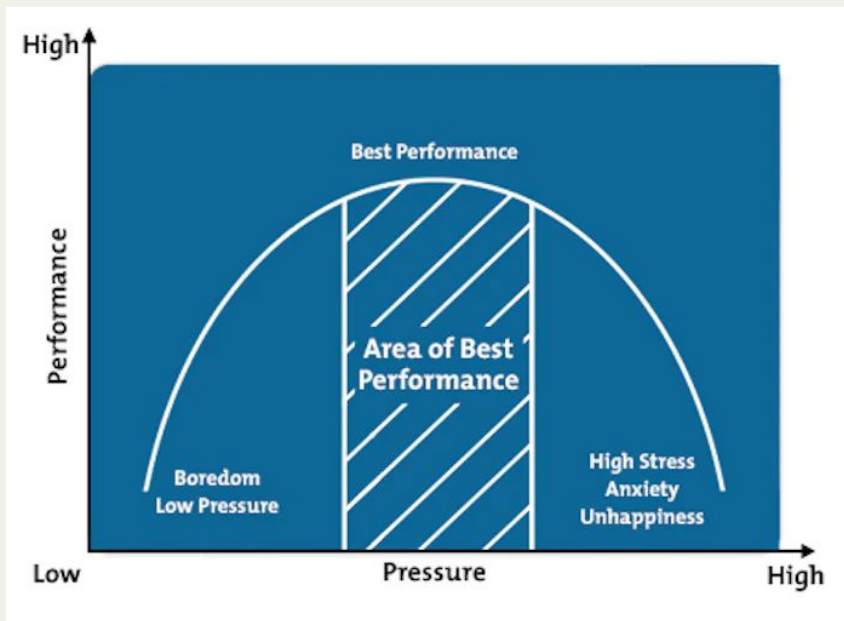
02

Principle of Overload

- Challenge your body more than usual
- Making your training harder every time
- Increase:
 - Weight
 - Reps
 - Sets
 - Time or intensity
- Must be gradual and planned



Progressive Overload



<https://www.youtube.com/watch?v=HiJ1uLuTNxo>

- Increase difficulty over time = helps with strength and hypertrophy gains
- “Inverted U”:
 - Too easy → no improvement
 - Just right → improvement
 - Too hard → injury

Why Progressive Overload?



Hypertrophy vs. Strength

Goal: Increase the physical size of muscle fibers (muscle growth).

→ higher reps (8–12), and shorter rest



Goal: Increase the maximum amount of weight a muscle can lift (force production)

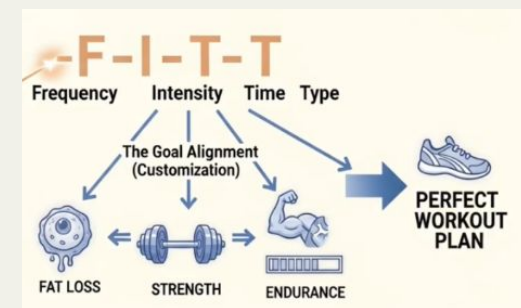
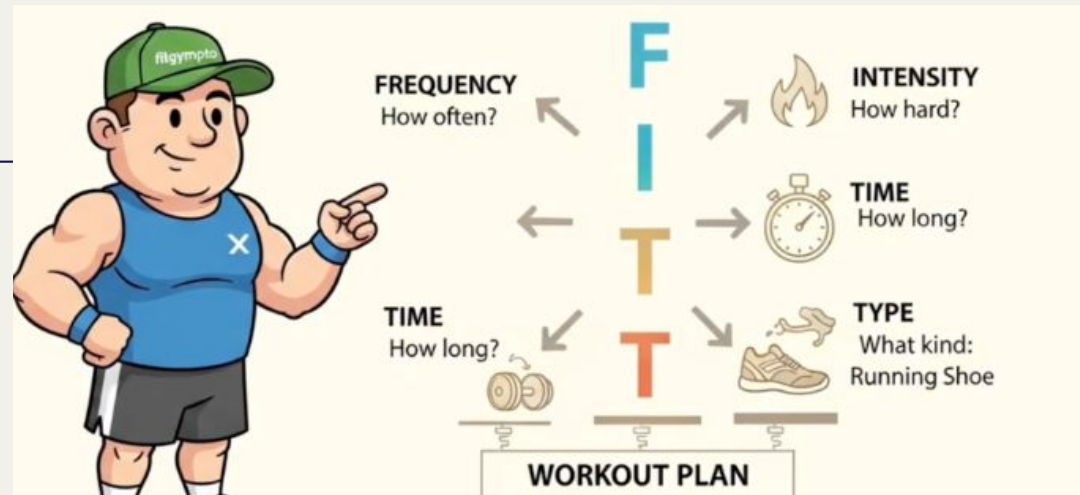
→ low reps (1–5), and long rest



03

FITT Principle

- Frequency → how often?
 - Intensity → how hard?
 - Time → how long?
 - Type → what kind of activity?
-
- Match FITT to your goals and fitness level



<https://www.youtube.com/watch?v=MVCRkf1j1Fc>

Frequency = 3 - 5 sessions per week
** **consistency** is more important than perfection.

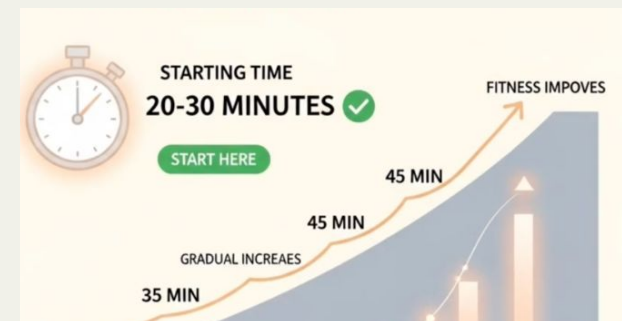
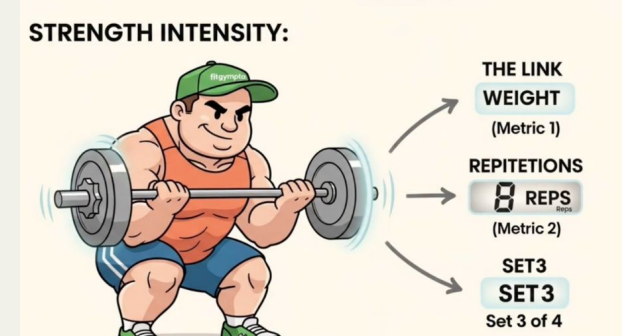
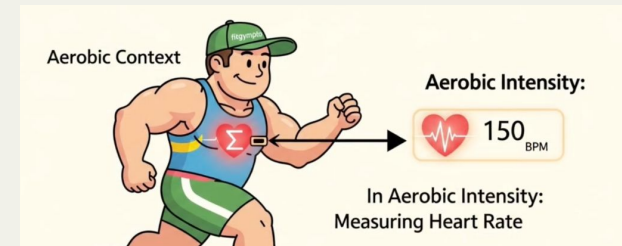
Intensity

- aerobic exercise: measure by your heart rate
- strength training: amount of **weight, set & reps**
 - 10-15 reps for endurance training
 - 6-8 reps for building strength

Time = start with 20-30 minutes per session

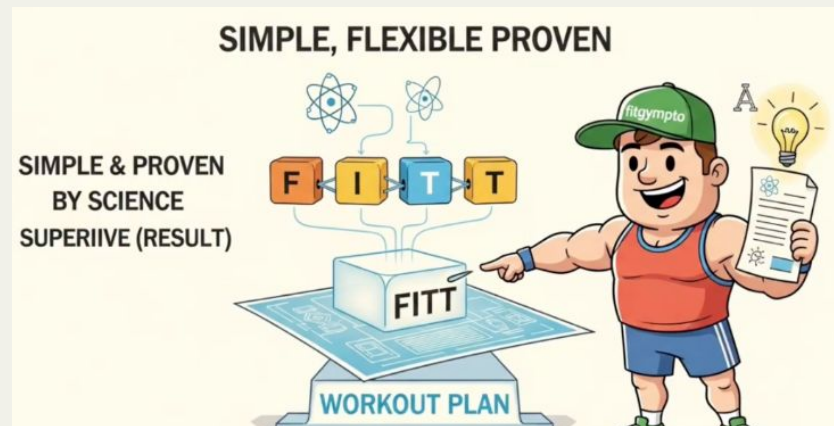
Rest: 60-90 seconds between sets

Type = exercise you choose (eg: walking, cycling, weight training)
→ focus on compound movements (eg: squats)



FITT Principle

- Helps you design smarter workouts
- Avoid burnout
- Achieve better results
- Helps us follow realistic progressions to achieve our goals



04

Progression

Vs.

Regression

Make an exercise harder

— Examples:

Moving from full push-ups → decline push-ups

Increasing weight

Slowing tempo or adding pauses

Increasing reps or sets

— **Goal:** continue challenging your muscles so they keep adapting.



Make an exercise easier

— Examples:

Full push-ups → knee push-ups

Bodyweight squats → assisted squats

Reducing weight or range of motion

— **Goal:** maintain good form, avoid injury, and build back up.



PROGRESSION & REGRESSION

SQUATS

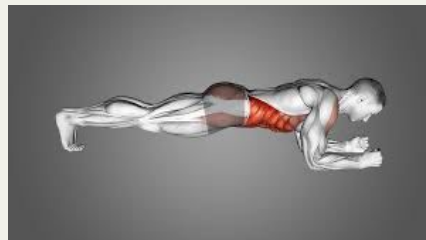
PLANK

Lunges

CHEST PRESS

What is a Progression & Regression for each exercise?

DEMO in groups....



PROGRESSION & REGRESSION

SQUATS

Regression:
Bodyweight squat
or squat to a
chair/bench

Progression: Add
dumbbells, jump
squats, or heel
elevated squats

PLANK

Regression: Knees
on the ground

Progression: Lift
one leg, add
weight, or plank
jacks.

Lunges

Regression: Reverse
Lunges, static split
squats, or supported
lunges (using a wall or
TRX)

Progression: Weighted
Lunges/Add dumbbells,
Bulgarian Split Squat, or
Jump Lunge

CHEST PRESS

Regression: Lighter
weight (work on form)
or machine instead of
free weights

Progression: Increase
weight or slow tempo (3
seconds down) or
incline chest press



How progressions helps achieve progressive overload...



Progression = the method (how you increase difficulty)

Progressive overload = the goal (continuous adaptation) — long-term strategy for improvement

Each step (progression), helps us create progressive overload.



05

Principle of Maintenance

- Maintain fitness with less training
- Reduce frequency, intensity, or time
- Stay active to keep results (“use it or lose it”)
 - Consistency to maintain muscle gains



Rest and Recovery

- Body improves during recovery (muscles grow & repair)
- Includes:
 - Sleep, Rest days, Nutrition, Prevents injury and Burnout



How much physical activity should I have in a week?

Aim for 150 minutes per week for a grade 9 student.

BEGINNER

A 7 days per week
for 22 minutes

B 5 days a week
for 30 minutes

C 4 days a week
for 38 minutes

D 3 days a week
for 50 minutes

Total per week:
150 minutes

INTERMEDIATE

A 7 days per week
for 30 minutes

B 5 days a week
for 40 minutes

C 4 days a week
for 50 minutes

D 3 days a week
for 67 minutes

Total per week:
200 minutes



Conclusion



Follow training principles to:

- Improve safely & effectively

- Reach goals

- Stay consistent

- Key idea: Train smart, not just hard

 - Planning workouts



Grade 9 Fitness Assignment

DESIGN YOUR OWN WORKOUT

Objective:

Students will research various exercises and use their findings to create a personalized upper body, lower body, and one custom workout routine. This assignment promotes understanding of muscle groups, exercise technique, workout planning and apply principles of progressive overload, specificity, and FITT.

MY WORKOUT *Research*

Exercise	Muscles Targeted (specificity)	Regression (simplified exercise)	Progression (exercise challenge)	Overload Adaption (intensity of adaptation using in workout)
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DAY 1 - UPPER BODY

Day 1

Upper Body 

Date:

Rest:

WARMUP:

EXERCISE	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

FITNESS *Reflection*

Name:

PROGRESS

How did you apply progressive overload in your work out? Why did you choose the progressions to your exercisew?

FITT

How did you use the FITT principle to apply overload in your workout? Explain how you adjusted to make your workout more challenging?

SPECIFICITY

Which exercises did you perform that targeted your training goal? Explain why you chose to focus on those specific muscle groups in your workout plan.

IMPROVE

What specific exercises or progressions can you use next time to improve the muscle group you are targeting?

What are the **training principle** you learned today, and why is it important when working out?

or

What is **progressive overload** and how can we use it in our workouts?

