

## Chapter 7 Setting and Reaching Fitness Goals

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### Key Terms

- short-term goals
- long-term goals
- SMART
- overload principle
- progression principle
- specificity principle
- reversibility principle
- multiple-repetition maximum
- FITT principle
- action plan

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### Types of Fitness Goals

- Short-term goals:
  - Specific
  - Can be completed in a few hours, days, or weeks
- Long-term goals:
  - Specify what you want to achieve over a longer period of time

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## Being SMART about Goal-Setting

- **S**pecific
  - Is your goal clear?
- **M**eaningful and **M**easurable
  - How will you know when you are done?
- **A**ction-Oriented
  - Is reaching your goal possible?
- **R**ealistic
  - How likely is it you will reach your goal?
- **T**ime-bound
  - How long will it take to reach your goal?

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## Tracking Your Goals

- Develop a goal-setting worksheet
- Identify your long-term goal and your **SMART** short-term goals
  - Examine strengths and weaknesses
- Focus on the tasks at hand

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## Strategies for Success

- Make exercise a high priority
- Use distant facilities less often and find uses for other areas, ie. your bedroom or the basement
- Review your timetable and find ways to fit H&PE into your timetable every year
- Review your goals to remind yourself what you are working towards
- Look for people who can support you
- Try different equipment, vary your routine, or listen to music to keep yourself from getting bored
- Have fun!

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## Training Principles

- **The Overload Principle:**
  - When you give your body more to do than it is accustomed to doing
  - Your body will gradually adapt to additional demands
  - Your cardiorespiratory system and muscles become stronger and more efficient
- **The Progression Principle:**
  - Fitness improvements occur gradually by progressively adding to the overload

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## Training Principles

- **The Specificity Principle:**
  - The more specifically the activity is focused on improving a particular fitness or muscle area, the more benefit will occur in that area.
- **The Reversibility Principle:**
  - Detraining, or stopping your exercise regime, can reverse the gains you have made

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## Multiple-Repetition Maximum Method

- **One-Rep Maximum:**
  - The weight that you can maximally lift once
  - First step in developing a personal resistance training program
- **Multiple-Rep Maximum:**
  - The weight that you can just barely lift for 10 reps
  - Used to find your equivalent one-repetition maximum

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## The FITT Principle

- **F**requency
  - How often you perform the exercise
- **I**ntensity
  - How hard you perform the exercise
- **T**ime
  - How long you spend on the exercise
- **T**ype
  - The kind of activity you perform to exercise

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## Creating an Action Plan

- Stage 1: Set **SMART** Goals
- Stage 2: Develop Action Steps
- Stage 3: Identify Barriers, Find Solutions
- Stage 4: Reward Success

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## Nothing Succeeds Like Success

- Motivation and Effort
  - Ownership of goals
  - Provide yourself with options
  - Reinforcement for actions taken
  - Think variety
  - Challenge yourself
  - Be open to revision

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