



**INTRODUCTION TO
FITNESS AND
SAFETY**

Specialists in Fitness
Education





1. Introduction

Health and Fitness are simply some of many the different words used to describe people being in good condition. There are many different services and products on offer which promise to improve or maintain a state of wellbeing, and any (or all) of these goods and services might be considered to be part of the health and fitness industry. These can include things as variable as medical services through to sport, recreation, food and natural therapies.

The Health and Fitness industry is not a clearly defined industry. It does have many aspects to it, and it does overlap into many different fields. Your perception of the scope of this field may be limited as you commence this course; but on completing the course it should have broadened considerably; and in doing so your prospects for employment should have also broadened.



2. Objective

This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive weight training and cardiorespiratory endurance activities. Students will learn the basic fundamentals of strength training, aerobic training, and overall fitness training and conditioning. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.



3. Content

1. Introduction to Fitness and Safety
2. What is fitness? Basics and Introduction
3. The Benefits of Exercise | Fitness Training & Programming
4. Components of Fitness
5. Physical Components of Fitness
6. Principles of Training
7. Conclusion



4. Useful links

LINKS

- [https://med.libretexts.org/Courses/American Public University/APU%3A Basic Foundation of Nutrition for Sports Performance \(Byerley\)/01%3A An Introduction to the Athlete's Nutrient and Diet Basics/1.02%3A Introduction to Nutrition and Physical Fitness](https://med.libretexts.org/Courses/American_Public_University/APU%3A_Basic_Foundation_of_Nutrition_for_Sports_Performance_(Byerley)/01%3A_An_Introduction_to_the_Athlete's_Nutrient_and_Diet_Basics/1.02%3A_Introduction_to_Nutrition_and_Physical_Fitness)
- <https://medlineplus.gov/benefitsofexercise.html>
- <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>
- <https://open.lib.umn.edu/physicalactivity/chapter/1-8-training-principles/>

LITERATURE:

- Powers SK, Howley ET. The physiology of training: effect on VO₂ max, performance, homeostasis, and strength. In: Powers SK, Howley ET, editors. Exercise Physiology: Theory and Application to Fitness and Performance. 6th ed. New York (NY): McGraw-Hill; 2007. p. 261–2.
- Hill JC. Aerobic training. In: Madden CC, Putukian M, Young CC, McCarty EC, editors. Netter's Sports Medicine. Philadelphia (PA): Saunders/Elsevier; 2010. p. 125–6.
- Ten Steps to a Better Body: An Introduction to Fitness Paperback – July 5, 2005
by Charles Atlas