

Kleist Health Education Center



**...starting children
and young adults on
a lifetime journey of
healthy living!**

**Enabling individuals to enjoy longer,
healthier lives!**



The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master's and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.



This learning lesson is for children in Grades 4-6
Please use these slides to help guide you through your learning experience with your children/students.

The **goals** of this *Learning Lesson* are:

- 1) To teach children to **evaluate** their own fitness level.
- 2) To teach children how to develop a fitness plan based on the F.I.T.T. principal.
- 3) To teach children what the acronym F.I.T.T. stands for.

LET'S TEST OUR FITNESS LEVEL!

- Walk the Plank for Balance
- Super Strength Moves
- Sit and Reach for Flexibility
- Running for Cardiovascular Strength



Walk the Plank: Use a flat balance beam of some sort or simply walk a line drawn or taped on the floor.

How to do it: Have your child place one foot in front of the other and try to stay in as straight a line as possible as they make their way across the “plank.”

Scoring: If they make it across without any missteps, it’s a sign of good balance. More mistakes means more practice is needed to focus on maintaining balance.

Super Strength Moves: Kids will feel empowered to see all the cool things their bodies can do, just like a super hero.

How to do it: Super Moves consists of three phases: First, holding your child’s feet, see how many sit-ups they can do in one minute. Then have them do as many modified pushups (with knees on the floor) as they can in 1 minute. Finally, have them jump next to a wall and reach as high as they can three times in a row.

Scoring: The more sit-ups and pushups a child can do and the higher they can jump, the stronger they are. Same goes for adults.

Sit and Reach for Flexibility

How to do it: Have your child sit with their legs extended and reach out as far as possible. Repeat three times. Measure how far they are able to reach, either in front

of or beyond the toes.

Scoring: The further your child can reach, the more flexibility they have.

Running for Cardiovascular Strength

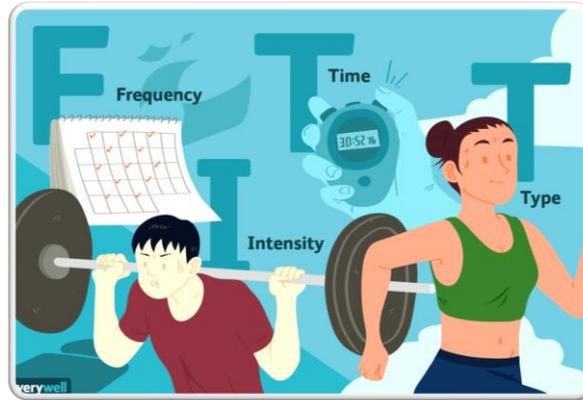
A key gauge of kids' health is to perform a fitness test that involves running.

How to do it: Have your child run 2-4 laps around a standard track. Time their efforts and do a "talk test" with them afterward to see how much they truly exerted themselves.

Scoring: A faster time on the fitness test equals greater cardiovascular health. This is something that could be practiced and improved upon.

WHAT DOES F.I.T.T. STAND FOR?

- Frequency
- Intensity
- Time
- Type



[Check out this FITT Principle and Tabata Workout Video!](#)

- FITT stands for **frequency, intensity, time and type**.
- Check out the video for an overall summary of the FITT principle and a fun workout!
- These concepts will be explored more throughout this learning lesson.

FREQUENCY =

- The rate at which something occurs within a certain period of time.
- Doctors recommend that young people should be getting at least **30-60 minutes** of moderate to vigorous physical activity **4-6 times per week**.



My Workout Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

-Doctors recommend that young people should be getting at **least 30-60 minutes** of moderate physical activity 4-6 times per week. 4-6 times per week is the **FREQUENCY**

INTENSITY =

RPE CHART RATE OF PERCEIVED EXERTION	
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak a single word.
7-8	Vigorous Activity On the verge of becoming uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Feels like you can exercise for hours. Breathing heavily, can hold short conversation.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry conversation.
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.

- The **amount** of exertion used when performing an exercise or activity.
- Doctors recommend that young people should be getting at least 30-60 minutes of **moderate to vigorous** physical activity 4-6 times per week.



-Doctors recommend that young people should be getting at least 30-60 minutes of moderate physical activity 4-6 times per week. -Moderate to vigorous is the INTENSITY

TIME =

- The duration of an event.
- Doctors recommend that young people should be getting at least **30-60 minutes** of moderate to vigorous physical activity 4-6 times per week.



Doctors recommend that young people should be getting at least 30-60 minutes of moderate to vigorous physical activity 4-6 times per week.
30-60 minutes is the TIME

TYPE =

- The **activity** category associated with a given activity (strength training, cardio, etc.).
- The doctor recommendations do not include type of exercise but you do need to ensure that you are getting **moderate to vigorous** activity and it is good to engage in a variety of activities.
- What does **variety** mean?



- The goal when choosing types of activities should be to improve or maintain: muscular fitness, cardiovascular endurance, flexibility and body composition.
- Variety just means different forms or types.
- If someone's favorite activity is yoga and that is the only physical activity that they ever do, they are not giving their body variety. Their body could be missing out on the benefits of cardio or strength activities.
- Discuss various activities that could belong in the categories described previously.

ADDITIONAL RESOURCES

- [#PEatHome Workout](#)
- [At Home Activity Resources](#)
- [More Information on FITT](#)
- [Kids Fitness Videos and Activities](#)
- [Daily Fitness Journal](#)
- [Free Printables for Nutrition and Fitness Tracking](#)



Here are some **additional resources** to supplement your learning lesson

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**Thank you for using our KHEC resources.
We hope that you found this short learning lessons helpful!
Please contact us at: 239-590-7459 to make a program reservation for your school
or class.
Please visit our website: www.fgcu.edu/KHEC**