

Nutritional Sciences 1340

Introduction to Exercise and Fitness

How Much is Enough?



Principles of Physical Activity

- Overload
- _____
- Specificity
- _____
- Dose-Response Relationship
- _____
- Rest and Recovery
- _____



Overload Principle

- most basic of all principles
- doing *more than normal* is necessary for benefits
- muscle must work against a _____ than normal load to get stronger
- muscle must be stretched _____ than is normal to increase flexibility

