

## PE30.2

**Lifelong Fitness** – Explore methods and opportunities for sustaining lifelong fitness.

### Indicators for this outcome

- (a) Reflect on questions such as:
  - How might my lifestyle change after graduation?
  - What factors after graduation might influence how I pursue personal fitness goals?
  - How might my physical activity interests change as I age?
  - What organizations and events exist to support my lifelong fitness?
- (b) Implement various principles of training (e.g., specificity, progression and reversibility, overload and FITT: Frequency, Intensity, Time and Type) and reflect on how they address health- and skill-related components of fitness.
- (c) Demonstrate how to incorporate suitable technologies (e.g., heart rate monitor, fitness and activity tracker, pedometer and video) to enhance physical activity goals.
- (d) Recommend physical activities that maximize an individual's ability to improve aerobic thresholds (e.g., target and maximum heart rate).
- (e) Identify events (e.g., annual winter games, fun run, yoga in the park, cycling, Spartan race and pow wow) in the community that support lifelong fitness.
- (f) Identify organizations in the community (e.g., fitness facilities, recreational sport leagues and community-based leisure services) that promote lifelong fitness.
- (g) Create a plan to identify events and organizations in a community that promote lifelong fitness.