

TEAM RPS QUESTIONS

Ask teams the corresponding question in each round. The team winning the most matches during a round will earn the chance to answer the bonus question.

Round / Team	Questions
Round 1 Team 1 Question	What is the FITT principle?
Round 1 Team 2 Question	How does the FITT principle relate to physical education class?
Round 1 Bonus Question	How does the FITT principle relate to physical activity out of school?
Round 2 Team 2 Question	What does frequency mean (in relation to FITT)?
Round 2 Team 1 Question	How does frequency affect an active lifestyle?
Round 2 Bonus Question	What information would you gather to determine the frequency of someone's routine physical activity?
Round 3 Team 1 Question	What does intensity mean (in relation to FITT)?
Round 3 Team 2 Question	How does exercise intensity affect the body? What are the physiological responses to different exercise intensities?
Round 3 Bonus Question	Why is exercise intensity important?
Round 4 Team 2 Question	What does time mean (in relation to FITT)?
Round 4 Team 1 Question	What do you know about time as it relates to physical activity?
Round 4 Bonus Question	What are barriers to getting enough activity time within a person's daily routine? How might a person overcome those barriers?
Round 5 Team 1 Question	What does type mean (in relation to FITT)?
Round 5 Team 2 Question	What do you know about the different types of physical activity?
Round 5 Bonus Question	What options are available in our local community to participate in different types of physical activity?