
An Analytical Study of FITT Principles Used By Different Athletes in Fitness Training During Coronavirus Pandemic Period in Margao City

Dr. Sopan E. Kangane

Principal, Maharashtra Mandal's Chandrashekhar Aagashe College, Pune

Mr. Hari Om Kashayep

PG Maharashtra Mandal's Chandrashekhar Aagashe College, Pune

ABSTRACT

The COVID-19 pandemic has brought this fast-moving world to a standstill. The impact of this pandemic is massive, and the only strategy to curb the rapid spread of the disease is to follow social distancing. The imposed lockdown, resulting in the closure of business activities, public places, fitness and activity centers, and overall social life, has hampered many aspects of the lives of people including routine fitness activities of fitness freaks, which has resulted in various fitness training issues, psychological issues and serious fitness and health concerns. In the present paper, the researcher aimed to study the "FITT principles used by different athletes in fitness training during coronavirus pandemic period in Margao city". The paper also intended to explore the ways in which alternate exercises and fitness activities at home helped them deal with various problems faced by them during their training session. Questionnaire and telephone interview method was used for the collection of data. The analysis revealed that during the initial phase of lockdown, the athletes faced various issues such as lack of space, lack of motivation, zero guidance, etc. The result also shows that athletes followed their own FITT principles according to their goal so that it can be achieved. The result also shows that 67 percent of athletes have followed a fitness program and rest dint followed any kind of program but the result also shows that 97 percent of athletes achieved their goal. The regular fitness workout at home during the lockdown greatly helped them to achieve their goals.

Keywords : FITT Principles, fitness training, methods of training, problems faced during fitness training and their solutions.

Introduction

The novel coronavirus is a new virus for which effective drugs and vaccines have not yet been developed. Amateur and professional athletic events around the world have been stopped, and teams and athletes have had to adopt social withdrawal measures, interrupting their training and preparation routines for competitions. Given this alarming scenario, this article aims to alert athletes to the importance of maintaining a conditioning routine during this confinement period.

At this time, maintenance of a training routine is important for physical health. Regular exercise helps to boost and maintain immunity, which is essential to reduce the risk of a viral infection. In this regard, maintenance of the specifics of each sport is recommended, respecting the technical and metabolic characteristics. It is not possible to create a single training routine to be applied to all sports. Thus, strength and conditioning professionals, within the current possibilities, should develop a training routine for their athletes. For example, weightlifters should try to maintain their training routine by performing competition and training moves (snatch, and clean and jerk), and power lifters should try to maintain squat, bench press, and deadlift exercises. This is not always possible, and adaptations are required to be compatible with the reality of each athlete.

The average person needs regular physical activity simply because the human body was designed to move. To keep it healthy, you need to move. Health related fitness means that you choose a variety of activities to benefit your body and your mind. Physical fitness is the ability to do the daily task with vigor and alertness, with undue fatigue, and with ample energy to engage in leisure pursuit and to meet emergency situations. (H. Harrison Clarke)

Investing in home gym equipment can be expensive, and some athletes eschew indoor exercise because they prefer to exercise outside. For those who still want to exercise indoors without incurring the costs of equipment and monthly/yearly fees, the good news is that there are engaging, on-demand, and live stream workouts available online via YouTube and free mobile apps. (Sharmilee M. Nyenhuis, 2020 Apr 28)

The FITT principle is a tried-and-true method of putting together an efficient workout plan. It's especially useful if you're someone who thrives on structure, as you can think of the components as a set of rules to follow. It's also great for monitoring your exercise progress with cardiovascular activity and strength training.

During such situations it was difficult to prepare a fitness program with help of FITT principles as the athletes had never faced such situations. Due to this athletes will not be able to take advantage of FITT principles. Benefits of FITT principles are listed below:

- A : Avoid Fitness Plateau
- B : Avoid Boredom
- C : It can be used in all fitness level
- D : Progression.

Methodology

The present piece of research studies is a descriptive survey. 30 national level athletes from Margao city was selected for the current study. The present study were been conducted on 30 subjects who were athletes of different sports /games aged between 18-25 years. For selection of samples Purposive and Snowball technique was used by the researcher

The selected subjects has participated various sports and games right from district level to National level competitions. Apart from their participation of games and sports in open competitions, they do specialize and practice in their particular interested areas daily. Thus, the subjects are all active participants of sports and games in their disciplines.

The researcher has used Questionnaire and an Interview technique in that telephone interview was used for the collection of the data. As the present study is based on descriptive survey the above mentioned tool will help the researcher to collect valuable data.

Qualitative method in that content and narrative method was adopted to analyze the data. Interpretative Phenomenological Analysis (IPA) was also used to identify the participant's experience.

Qualitative method in that content and narrative method was adopted to analyze the data. Interpretative Phenomenological Analysis (IPA) was also used to identify the participant's experience. At first, the researcher readied the received data many times to get a deeper understanding of the experiences as described by the participants. In order to gain as close an understanding of the data as possible, the researchers noted down important points shared by the athletes.

The findings of this research were grouped in three clusters: FITT principles, Challenges faced by the athletes, suggestions to overcome the challenges was also included in this topic, and Fitness program. FITT principles include Frequency, that is how many times an athlete used to do fitness training in a week, Intensity which tell what was the intensity level during their training, Time which tell about the number of hours athletes used to do workout, and Type which will tell what type of exercise and method of training they used . Challenges faced by the athletes included, lack of space , unavailability of equipment, psychological health issues, lack of motivation, lack of guidance, this subject also included the measures taken by the athletes to overcome such challenges. Fitness program included whether they were following any kind of training program or not, and from whom and how they were developing their fitness program.

Result

Table 1: Analysis of FITT Principle used by athletes

Consideration	Analysis		
Frequency of training	5-6 times per week		
Intensity of training	below 50% of MHR 7% athletes	50-70% of MHR 73% athletes	70-90% of MHR 20% athletes
Time (duration) of training	2 hours daily (120 minutes)		
Type of training	Body weight training, Yoga, Aerobics, Zumba, Resistance training, Tabata, & Dance		
Training Program followed by	67% athletes		
Goal achievement due to Training Program	96.7% athletes		

After analyzing the data it was seen that many athletes preferred to workout 5-6 times in a week, 73 percent of the athletes used to do fitness training in moderate intensity level that is 50 to 70 percent for their target heart rate, as their only goal was to maintain their current fitness level till covid 19 lockdown. 20 percent athletes adapted high intensity level training that is 70-90 percent of their target heart rate as their goal was to improve their fitness level. And 7 percent of athletes used low intensity training that is below 50 percent of their target heart rate.

As far as time is concerned it is found that almost all the athletes used to do their training for 2 hours a day that is 120 minutes. As far as the type of method of training is concerned it is seen that athlete as mostly adopted Continuous training, Interval training, and Circuit Training and Strength training. Apart from these it has been found that almost all the athletes used the following given below methods of training for their fitness sessions 1. Body weight training, 2. Yoga, 3. Aerobics, 4. Zumba, 5. Resistance training, 6. Tabata, 7. Dance etc.

After analyzing the data it was found that Almost 67 percent of the athletes followed the training program and the rest of athletes did not follow any kind of fitness program. It was found in this study that 96.7 percent of athletes achieved their goals while following their own training program.

Discussion

The finding of the study shows that an athlete should follow FITT principles during their training session as in this study 97 percent of athletes have achieved their goals set by them during Covid 19 pandemic period. The finding of the study shows that an athlete should do Fitness training at least 5-6 times a week, by adopting moderate or high intensity fitness exercise according to their personal goals, athletes should do at least 2 hours of workout in a day to maintain or improve their fitness level by adopting various training methods and programs according to personal goals.

The finding of the study also shows that the athletes should adopt Continuous training, Interval training, and Circuit Training and Strength training during such situations as this training method can be easily followed during pandemic period and it can also help in achieving the goals set by the athletes.

The finding of the study also shows that 67 percent of athletes followed fitness program which was prepared by them or prepared by their coaches and they also used fitness apps to prepare their program. It is also been seen that the athletes who followed fitness program achieved their goals.

Other factors found responsible for the lack of fitness motivation were the absence of fitness partners, lack of a training environment, lack of space, lack of guidance and motivation which were also considered as potential sources of motivation in earlier studies. It is important to note that, being a social entity; athletes like the company of others and feel connected to each other. This feeling of connectedness is found to be associated with various psychological constructs such as persistence, motivation, self-esteem, self-efficacy, and physical as well as psychological health. The absence of this feeling of connectedness that people were used to experiencing in a gym

environment probably was one of the reasons for the lack of motivation for home exercise.

The findings of the study also indicated that although the athletes faced various challenges during such situations, the athletes discovered various ways to overcome such challenges.

Conclusion

On the basis of above study and analysis, the following conclusions are drawn

1. The global outbreak of COVID-19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios, physiotherapy centers, parks and playgrounds.
2. Under such conditions, many tend to be less physically active, have longer screen time, irregular sleep patterns as well as worse diets, resulting in weight gain and loss of physical fitness
3. Lack of access to exercise and physical activity can also have mental health impacts, which can compound stress or anxiety that many will experience in the face of isolation from normal social life.
4. During such situations it was difficult to prepare a fitness program with help of FITT principles as the athletes had never faced such situations. Due to this athletes will not be able to take advantage of FITT principles. Benefits of FITT principles are listed below:
 - Avoid Fitness Plateau
 - Avoid Boredom
 - It can be used in all fitness level
 - Progression.
5. The athletes should adopt Continuous training, Interval training, and Circuit Training and Strength training during such situations as this training method can be easily followed during pandemic period and it can also help in achieving the goals set by the athletes.
6. Strength, flexibility and balance exercises are also recommended and should be performed at least twice a week.
7. Social media can be also used as a platform to know about virtual fitness techniques and opportunities for online training for physical exercise.

Implications and Future Suggestions

The findings of this study strengthen the recommendations made by researchers to engage in home-based exercises if in future any lockdown situation occurs (including, but not limited to, aerobic activities, balance and flexibility exercises, and muscular strength and endurance training) for about 150–180 min per week; to use social media, music, and/or similar techniques to increase adherence to physical exercises; and to practice dancing and yoga to reduce stress, anxiety, and depression, and even improve the quality of sleep (Chennaoui et al., 2015; Chtourou et al., 2015). It is also noted that one should start physical exercise and its alternatives in a progressive manner and must adhere to his/her fitness levels for choosing the amount and intensity of these exercises.

Ethical Consideration

In this present piece of study the researcher has not forced any one to answer the questionnaire and the researcher has also made sure that all the personal information of the respondents will be kept confidential

References :

- AAHPERD, (1999). Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Champaign, IL: Human Kinetics; pgs. 78-79
- Bentlage, E., Ammar, A., How, D., Ahmed, M., Trabelsi, K., Chtourou, H., et al. (2020). Practical Recommendations for Maintaining Active Lifestyle during the COVID-19 Pandemic: A Systematic Literature Review. *Int. J. Environ. Res. Publ. Health* 17:6265. doi: 10.3390/ijerph17176265
- Bushman, Barbara A. Ph.D., FACSM Determining the I (Intensity) for a FITT-VP Aerobic Exercise Prescription, *ACSM's Health & Fitness Journal*: May/June 2014 - Volume 18 - Issue 3 - p 4-7 doi: 10.1249/FIT.0000000000000030
- Chen P, Mao L, Nassis GP, et al. Coronavirus disease (COVID-19): The need to maintain regular physical activity while taking precautions. *J Sport Health Sci* 9: 103–104, 2020.
- Chen, P., Mao, L., Nassis, G. P., Harmer, P., Ainsworth, B. E., and Li, F. (2020). Coronavirus disease (COVID-19): The need to maintain regular physical activity while taking precautions. *J. Sport Health Sci.* 2020:103. doi: 10.1016/j.jshs.2020.02.001
- Ganatra S, Hammond SP, Nohria A (2020) The novel coronavirus disease (COVID-19) threat for patients with cardiovascular disease and cancer. DOI: 10.1016/j.jacc.2020.03.001.
- Leonardo V. Andreato, Danilo R. Coimbra, and Alexandro Andrade, Challenges to Athletes During the Home Confinement Caused by the COVID-19 Pandemic. *Wolters Kluwer Public Health Emergency Collection*, PMC7219846, doi: 10.1519/SSC.0000000000000563
- Leonardo V. Andreato, P. D. (2020 Apr 27). Challenges to Athletes During the Home Confinement Caused by the COVID-19 Pandemic.

Roschel H, Artioli GG, Gualano B (2020) Risk of increased physical inactivity during COVID-19 outbreak in older people: a call for actions. DOI: 10.1111/jgs.16550.

Vincent KR, Vincent HK, Seto CK. Basic principles of exercise training and conditioning. In: O'Connor FG, Casa DJ, Davis BA, St. Pierre P, Sallis RE, Wilder RP, editors. *ACSM's Sports Medicine: A Comprehensive Review*. Philadelphia (PA): Wolters Kluwer; 2013. p. 60–2