

The FIT (Frequency Intensity Time) Index of Kasari

Overview

The FIT (Frequency Intensity Time) Index of Kasari can be used to evaluate a person's level of physical activity. The author is from the University of Montana.

Parameters:

(1) frequency of exercise

(2) intensity of exercise

(3) time spent on workout

Parameter	Finding	Points
frequency	>= 6 times per week	5
	3 – 5 times per week	4
	1 – 2 times per week	3
	a few times per month	2
	less than one time per month	1
intensity	high intensity activities that result in sustained heavy breathing and perspiration (high impact aerobics running speed swimming distance cycling etc.)	5
	moderately high aerobic activities and intermittent sports activities that result in sustained heavy breathing and perspiration (step aerobics stairstepping speed walking tennis racquetball squash)	4
	moderate aerobic activities (normal bike riding jogging low impact aerobics)	3
	low to moderate aerobic and sports activities (recreational volleyball moderate speed walking)	2
	light aerobic exercise (normal walking golfing)	1
Time	> 30 minutes	4
	20 – 30 minutes	3
	10 – 20 minutes	2
	< 10 minutes	1

FIT index =

= (points for frequency) * (points for intensity) * (points for time) Interpretation:

- minimum score: 1 (although I would imagine a person who never worked out could have a score of 0)
- maximum score: 100
- The higher the score the more physically active the person.

Limitations:

- Most serious athletes would max out the score. The score seems most useful for a person with low to moderate activity levels.

References:

Heyward VH Stolarczyk LM. Applied Body Composition Assessment. Human Kinetics 1996 page 112 (Chapter 8).

Kasari D. Effects of exercise and fitness on serum lipids in college women. Unpublished Master's Thesis University of Montana. 1976. page 46.