

Warming up and cooling down



UNTAMED
EDUCATION

2.5 Health, fitness and training

Warm Up

Compression Garments

Stretching

Eat

Skill

Effective use of warm up and cool down

Mental Rehearsal

Water

Rest

Cool Down

Plunge Pools



Effective use of warm up and cool down

1. Warm up

1. _____ **raising** exercise - increase the heart rate and oxygen supply gradually.
2. _____.
3. _____ based practices/familiarisation - Practise the skills you will use in the activity.
4. **Mental** _____ - visualisation of performance and desired outcome.



2. Benefits of warming up

There are a number of benefits to warming up:

- ▶ Increases **blood** and _____ flow to the muscles.
- ▶ Body temperature increased.
- ▶ _____ of injury.
- ▶ _____ preparation for activities.
- ▶ Increases muscle _____ and warms the muscles.
- ▶ Range of _____ increases.
- ▶ _____ of the skills through full range of movement.
- ▶ Helps improve performance.



3. Cool down

- ▶ Cool Down - Continue **light** _____ to maintain a gradual decrease in pulse and _____ **thoroughly** to aid recovery by:
- ▶ Preventing soreness/delayed onset of muscle fatigue (DOMS).
- ▶ Clearing lactic acid and other waste products.





Effective use of warm up and cool down

Players can also do a number of other activities to aid recovery.

- ▶ _____ - This replaces energy used in exercise.
- ▶ **Drink** _____ - Rehydrates the body after losing fluids through sweating.
- ▶ _____ - Allows the muscles to repair themselves.
- ▶ **Plunge** _____ **of ice-cold water** - Reduce muscle swelling and tears.
- ▶ _____ **garments** - Reduce swelling.
- ▶ _____ **recovery** - we can take the time to calm our mind.