

Effective use of warm up and cool down



UNTAMED
EDUCATION

3.1.3 Physical training

Warm Up

Compression Garments

Stretching

Eat

Skill

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Mental Rehearsal

Water

Rest

Cool Down

Plunge Pools



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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. _____ - visualisation of performance and desired outcome.



2. Benefits of warming up

There are a number of benefits to warming up:

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



3. Cool down

- ▶ Cool Down - Maintain elevated breathing with **light** _____ and _____ **thoroughly** to aid recovery by:
- ▶ Preventing soreness/delayed onset of muscle fatigue (DOMS).
- ▶ Clearing lactic acid and other waste products.





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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 pools of ice-cold water** - Reduce muscle swelling and tears.
- ▶ _____ **garments** - Reduce swelling.