

High quality coaching can reduce the chance of an injury occurring.



Coaching/Instruction



Contact Sports



Non-contact Sports

Type of Activity

Extrinsic Factors
Influencing Injury

Environmental Factors

Weather/Temperature/Playing Surface



Equipment



Specific sportswear for specific activities

TOPIC AREA 1

Intrinsic Factors
Influencing Injury

Individual Variables

Gender Nutrition Age

Previous Injuries Sleep Deprivation



Psychological Factors

Motivation



Arousal



Anxiety



Aggression



SPORT SCIENCE R180

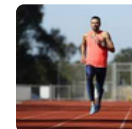
Stages of a Warm-Up

1. Pulse-Raising

2. Mobility

3. Dynamic Stretching

4. Skill Rehearsal Phase



TOPIC AREA 2

Three types of stretches should form part of a cool-down.

1.	Maintenance stretches (10-15 secs)
2.	Static stretches (30secs plus)
3.	Proprioceptive Neuromuscular Facilitation (PNF)



Muscle temperature
increased

Increase in Heart Rate

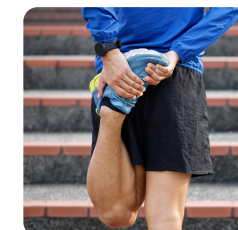
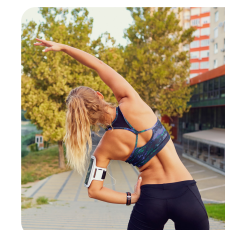
Increase in
pliability of
ligaments and
tendons

Physiological benefits
of warming-up

Increase in flexibility of
muscles and joints

Increase in blood
flow and oxygen
to muscles

Increase in the speed of
muscle contraction



Improve concentration/focus

Heighten or control
arousal levels

Psychological benefits
of warming-up

Increase motivation

Mental rehearsal

Increase confidence

