

Sport Science - R180 :TA 2: Warm up and Cool Down routines)

Step 6: End of Topic Test

Revision session followed by end of topic test

Step 5: Physiological benefits of a Cool Down

Explain the physical benefits of a Cool Down: lowers heart rate ,temperature ,breathing rate.

Circulates blood and oxygen ,prevents blood pooling ,removes lactic acid ,reduces DOMS
(practical application)

Step 4:Key Components of a Cool down

Explain the key components of a cool Down :Pulse lowering, Maintenance stretches ,static stretches and Proprioceptive Neuromuscular Facilitation (PNF)
(practical application).

Step 3: Psychological benefits of a warm up

Explain the psychological benefits : control arousal , improve concentration/focus ,increase motivation ,confidence and Mental rehearsal

Step 2: Physiological benefits of a warm up.

Describe the physiological benefits of a Warm up : increase in muscle temperature ,heart rate ,flexibility of muscles ,joints, pliability of ligaments, tendons ,blood flow and oxygen to muscles ,speed of muscle contraction.

Practical session linked to physiological benefits

Step 1: Describe the key components of a warm up

Key components: Pulse raiser ,mobility ,dynamic stretching and skill rehearsal phase
(practical application)

Pride !



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