Component 1 Effective Use of Warm-up & Cool-down

Warm-up

A warm-up has three phases:

Warm-up

Phase 1 Pulse raiser
To raise the heart rate and speed up oxygen delivery to the working muscles. E.g. jogging a lap of the pitch

Phase 2 Stretching
Stretching the muscles and soft tissues you are about to use increases their elasticity and range of movement

Phase 3 Drills
These are more intense practices relating to the main session, such as dribbling if you are playing basketball

Why we warm-up

- To physical and mentally prepare for exercise
- To increase oxygen delivery to the working muscles
- Increase temperature of muscles, tendons, and ligament. Reducing the chance of injury
- Increase flexibility which will aid performance prepare for exercise

Cool-down:

A cool down has two phases:

Cool-down

Phase 1 Light exercise
e.g. slow jogging at a much lower intensity you have been working

Phase 1 Stretching
Stretch the muscles you have used in the main activity

Why we cool-down

- The removal of lactic acid
- The removal of carbon dioxide
- Bring heart and breathing rate slowly back to resting
- Helps avoid dizziness due to blood pooling
- Improves flexibility

A cool down is **NOT** designed to prevent injury it is to return the body to its resting levels

Component 1 Use of Data

The use of data

Data can be collected in many ways

- Data can be collected on the quality that you see, e.g. how well a skill is performed (qualitative)
- Data can be collected based on numbers e.g. how many press-ups completed (quantitative

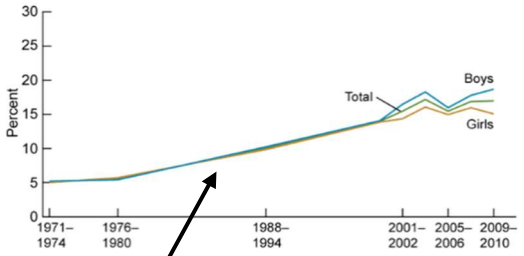
Tables:

Below is a table showing lots of data in a normative table for a 12-minute cooper run test. There are lots of numbers, all you have to do is locate the age group and the score. For example, a 17-year-old scored 1750m

Age	Excellent	Above Average	Average	Below Average	Poor
13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m
17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m
20-29	>2700m	2200-2700m	1800-2199m	1500-1799m	<1500m
30-39	>2500m	2000-2500m	1700-1999m	1400-1699m	<1400m
40-49	>2300m	1900-2300m	1500-1899m	1200-1499m	<1200m
>50	>2200m	1700-2200m	1400-1699m	1100-1399m	<1100m

Trends:

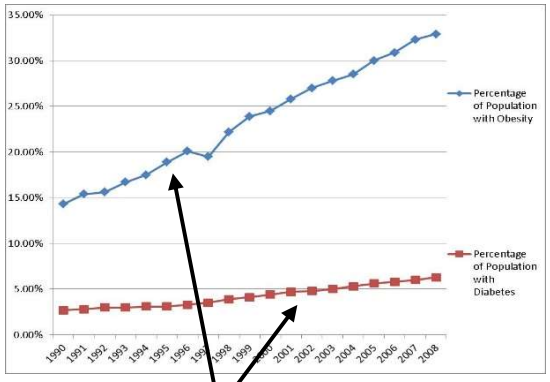
Below is a graph showing trends in obesity of young children aged 2-19. You need to analyse the date and identify the trends in data.



The overall trend is that obesity is rising steadily from 1971-1974 to 2009-2010. It has risen from 5% to 15%. Boys are more obese than girls

Graphs and Charts

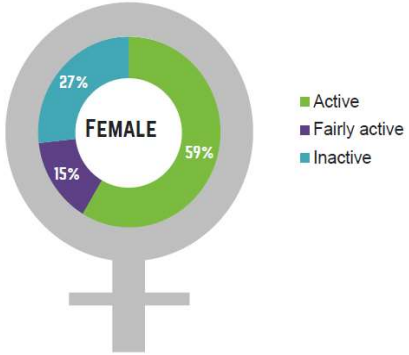
Some information that happens over time will be represented as a line graph, such as the correlation between obesity and diabetes over time



Obesity and diabetes have both risen from 1990-2008.

Obesity levels have risen at a greater rate than diabetes

If you are trying to compare parts of a whole you may use a pie chart such as a pie chart to show the percentage of women who are active, fairly active and inactive.



59% of females are active

15% are fairly active

27% are inactive