

Paper 1: Warm up & cool down

Warm-up

It is important that a warm-up is performed prior to exercise in order to prepare the body for physical activity. A warm-up is designed to reduce the risk of injury and improve performance. The four main components of a warm-up, examples of each component, and the benefits of warming up are outlined below:

Pulse-raising activity

Jogging at an increasing pace for 5-10 minutes to increase oxygen to working muscles



Stretching

Performing a series of stretches which cover all the muscles used, e.g. hamstrings for running



Skill practice

Taking part in drills, such as one vs one shooting practice in ice hockey



Mental strategies

Using positive self-talk, deep breathing and imagery in order to control arousal levels, e.g. imagining a successful race



Paper 1: Warm up & cool down

It is important to perform a cool-down following physical activity in order to improve the recovery of the body. The three main components of a cool-down, examples of each component, and the benefits of cooling down are outlined below:

Cool-down

