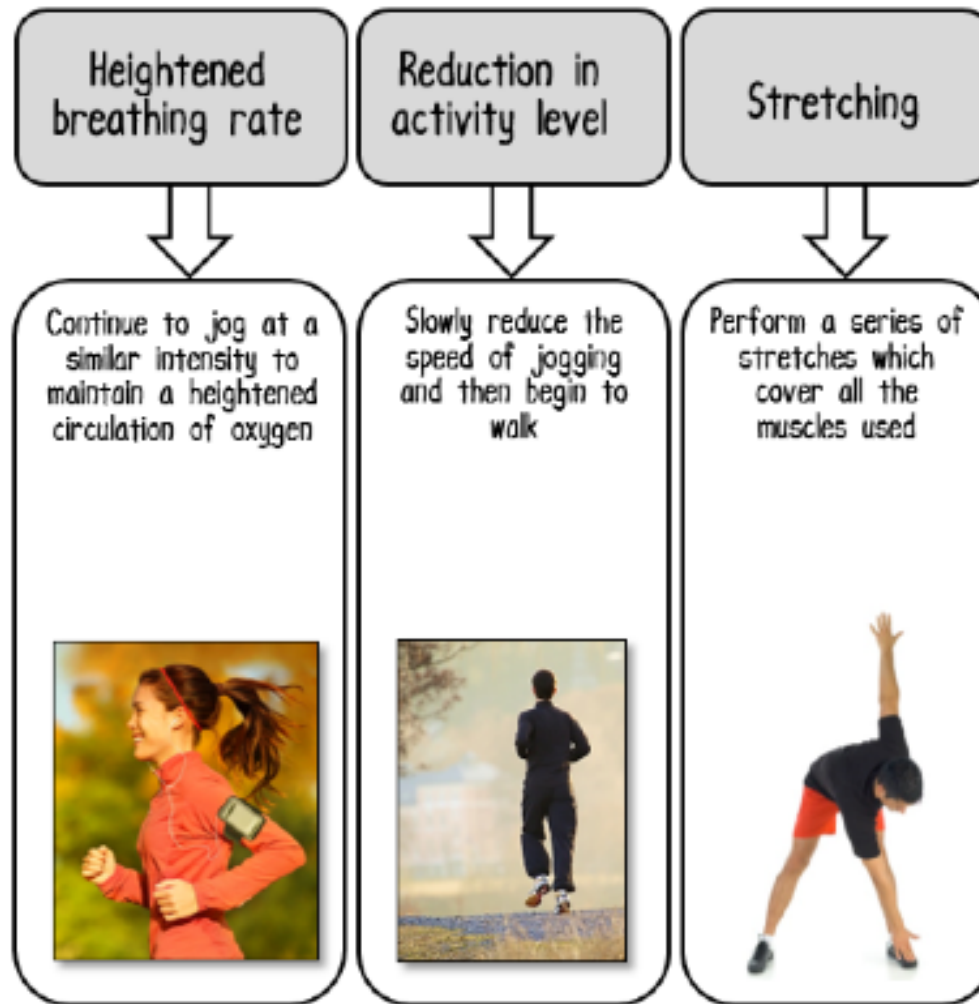


Paper 1: Warm up & cool down

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



Benefits of Warming Up

- ✳ Increases body temperature
- ✳ Increases the range of movement that can be achieved at a joint (flexibility)
- ✳ Provides an opportunity for the athlete to work towards full-intensity exercise
- ✳ Provides an opportunity for the athlete to mentally prepare themselves for competition, e.g. using breathing strategies to reduce arousal
- ✳ Skills which are required during competition can be practised so that the athlete is ready to perform them
- ✳ Reduces the chance of the athlete becoming injured during competition
- ✳ Increases the amount of oxygen delivered to the active muscles