

Assessment

Warm Up - Main Activity - Cool Down

Name _____

1. What are the three (3) reasons we warm up.

2. What two things should be included in the warm up;

3. Give the definition of the following words:

Static Stretching

Ballistic Stretching

Proprioceptive Neuromuscular Facilitation

4. What are the two reasons for cool down activities

a. _____

b. _____

Assessment

Warm Up - Main Activity - Cool Down

Name KEY

1. What are the three (3) reasons we warm up.

Prevent injury Improve performance

Prepare psychologically for the event

2. What two things should be included in the warm up;

Cardiovascular warm up Stretching

3. Give the definition of the following words:

Static Stretching **Easy stretches which are held for about 10-20 seconds**

Ballistic Stretching **Bouncing stretches**

Proprioceptive Neuromuscular Facilitation **Assisted stretches using the help of another person.**

4. What are the two reasons for cool down activities

a. Returns the body to its normal temperature and working pulse rate to the resting pulse rate

b. To help prevent stiffness and soreness in the muscles