



Warm-ups and Injury

- The use of a PAR-Q to assess personal readiness for training.
- Injury prevention
- Injuries that occur in sport.
- RICE
- Purpose and importance of warm-ups and cool downs.
- Phases of a warm-up (examples of activities used in warm-ups and cool downs).



The best way to treat all minor injuries is through RICE:

Rest → This is the only way that the body will have time to fix the injury

Ice → This will reduce blood flow to the area, meaning that less swelling occurs and a quicker recovery is possible

Compression → Compressing the injury can decrease swelling

Elevation → This can mean that gravity assists in sending blood flow away from the injured area

A Physical Activity Readiness Questionnaire (Par-Q) is a set of questions that should be answered before taking part in an exercise programme

Possible Par-Q Questions:

- Do you suffer from Asthma?
- Do you have a bone or joint problem?
- Are you currently taking any medication?
- Do you suffer from high blood pressure?



3 Stages of a Warm-Up

1. Cardiovascular
2. Stretching
3. Specific Skills Practice

A Cool Down should include the following:

- Activity to maintain elevated breathing and heart rate
- Gradual Reduction in Intensity
- Stretching

