Learning Programme 1 Low Stakes Quiz 1. September 7th

Q.1
A warm up is comprised of 3 main components designed to limit the risk of injury.
True / False

Q.2 Explain what is meant by the term “Skill rehearsal”

_____

_____

Q.3
What are the missing components of a 5 phase warm up?

6. Pulse raiser
7. .
8. Dynamic movement
9. .
10. Skill rehearsal

Q.4
What part of the warm up is designed to increase the length of the muscles?

_____

Learning Programme 1 Low Stakes Quiz 1. September 7th

Q.1
A warm up is comprised of 3 main components designed to limit the risk of injury.
True / False

Q.2 Explain what is meant by the term “Skill rehearsal”

_____

_____

Q.3
What are the missing components of a 5 phase warm up?

1. Pulse raiser
2. .
3. Dynamic movement
4. .
5. Skill rehearsal

Q.4
What part of the warm up is designed to increase the length of the muscles?

_____