

Stretching and activity

[Sport & Tourism](#), [Fitness](#)



* Copy and answer the following questions in a word processing document. *

Be sure to save the assignment document to your Personal Fitness folder. *

Be sure to save your work as 2_04. rtf. Assignment Questions Part I:

Beginning the Activity 1. Choose an activity such as walking, running, aerobics, soccer, basketball, or rollerblading. What exercise activity will you participate in? Running 2. Why is the warm-up phase of your training program important? It will stretch each major muscle group which will be worked during the activity you are preparing for. 3.

Why is the cool-down phase of your training program important? Stretch all major muscles; focus on those that will have a large demand placed on them. 4. Identify areas of your body in which you have experienced muscle soreness due to vigorous activity. Legs and arms. Part II: Design a Warm-up for Your Personal Needs For each of the following, describe what you will do to prepare your body for the activity that you selected in Part 1, #1. Aerobic exercise: Light jog, slow cycling, easy jump roping, side shuffles (running sideways without crossing your feet), skipping, and jogging backwards.

Stretching (stretch all the major muscle groups used): ? Will involve static (still) stretches and/or dynamic (moving) stretches. * Static stretches involve stretching a muscle group as far as you can, without causing pain. Static stretches should be held thirty seconds for maximum effectiveness. * Dynamic stretches, another safe form of stretching, involves slow movements which stretch the muscle groups. Sport-specific exercise: Activities should mimic the movements you will do in the vigorous activity you are preparing for but are done at a lower level of intensity. Part III:

Design a Cool-down for Your Personal Needs For each of the following, describe what you will do for your cool-down for the activity that you have selected. Aerobic activity: A slow jog around a field or court is one of the best ways to cool down. Stretching: Static stretch for 10 minutes after the light jogging, cycling, or walk. Recovery: Use the R. I. C. E. D. procedure to treat any sprains, bruises, or strains. Part IV: Practice What You Designed 1. Practice the warm-up you have designed. 2. Consider how the warm-up/cool-down made you feel. Did it help prepare you for the workout?

What changes would you consider making for the next workout? Be prepared to discuss this information with your instructor in your Discussion-Based Assessment. It helped me prepare. I would change nothing. What I already I changed was great enough because of how well it made me feel. Part V: Skills and Performance 1. Think about an activity you participate in and explain how each of the skill-related components of balance, reaction time, agility, coordination, power, and speed can enhance your performance levels in that activity. If all the components are combined then you will get stronger, faster, and healthier.