

BTEC TECH Award in Sport



Preparing Participants to Take Part in Sport and Physical Activity

Pulse Raisers

The pulse raiser is the first part of a warm-up and can be any activity that can be used to gradually increase the heart rate. E.g.

- Jogging on the spot
- High knees
- Jumping jacks

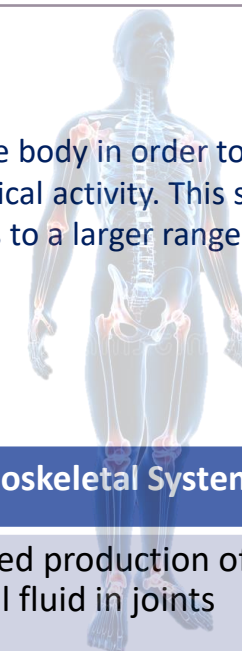


Cardiorespiratory System	Musculoskeletal System
Increased heart rate	Increased muscle temperature
Increased blood flow to muscles	Increased pliability of muscles
Increased breathing rate	Reduced risk of muscle strain
Increased depth of breathing	
Increased removal of carbon dioxide	

Mobilisers

It is necessary to mobilise the joints of the body in order to cope with the range of motion needed for physical activity. This should start with small movements and progress to a larger range. E.g.

- Arm rotations
- Open/ close the gate
- Calf raises



Cardiorespiratory System	Musculoskeletal System
Slight drop in heart rate	Increased production of synovial fluid in joints
Slight drop in breathing rate	

Adapting Warmups

Intensity (refers to how hard your body is working during physical activity)

Impact (the amount of force exerted on your bones and joints during physical activity)

Timings (duration of each activity/ phase of warmup)

Types of stretches used (simple vs compound stretches)

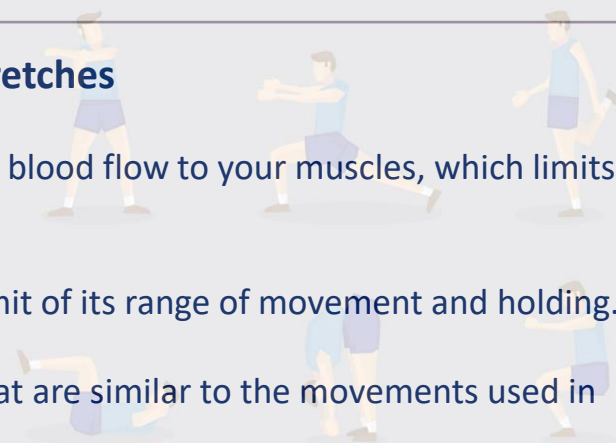


Preparation Stretches

Preparation stretches will increase the flexibility and blood flow to your muscles, which limits the chance of a muscle pull and joint pain.

Static stretches: slowly stretching a muscle to the limit of its range of movement and holding.

Dynamic stretches: involves performing activities that are similar to the movements used in your chosen activity



Cardiorespiratory System	Musculoskeletal System
Static stretches: further drop in heart rate	Reduces the risk of a sprain, strain or tear during an activity
Static stretches: further drop in breathing rate	
Dynamic stretches: maintained elevated heart rate	
Dynamic stretches: maintained elevated breathing rate	

Planning Warmups

Positioning

Organisation of participants

Space (areas used)

Timing

Equipment

Demonstrations

LESSON PLAN		Participant information
Grade: <input type="text"/>	Subject: <input type="text"/>	Date: <input type="text"/>
Topic: <input type="text"/>	Lesson #: <input type="text"/>	Facility information
Lesson Focus and Goals:		Equipment
Materials Needed: <input type="text"/>	Learning Objectives: <input type="text"/>	Timings
Structure / Activity: <input type="text"/>		Pulse raisers
Assessment: <input type="text"/>		Mobilisers
		Preparation stretches
		Sport-specific activities