

1. Identify the first stage of a warm up

Stretching

Pulse raiser

Run

2. How many stages does warm up have?

1

2

3

3. What is the benefit of a pulse raiser?

To increase fitness

To stretch muscles

To increase heart rate

4. What is dynamic stretching

Holding a stretch in the same position

The muscle goes through its full range of movement

Holding a stretch for 10 seconds

5. Why do performers include a skills activity in their warm up?

To mentally prepare

To prevent injury

To increase temperature

6. What muscles would a footballer stretch before a game?

Bicep

Abdominals

Hamstrings

7. What is the benefit of stretching?

Increases heart rate

Prevents injury

Increases oxygen delivery

8. Identify the second stage of a warm up

Stretching

Pulse raiser

Skills activity

9. Identify the final stage of a warm up

Stretching

Pulse raiser

Skills activity

10. What is the benefit of a pulse raiser

Decreases oxygen delivery to working muscles

Increases oxygen to the working muscles

None of the above

11. Which of the following is the most appropriate skills activity for a striker

Passing

Shooting

Dribbling

12. Which of the following is a type of stretch

Stable

Stationary

Static