Your notes

GCSE PE: revision notes

Preventing injury, warm-ups and cool-downs

Contents

1. Preventing injury
2. The warm-up
3. The cool-down
4. Common sports injuries
5. Key terms
6. Quick questions
7. What to do next

Preventing injury

- Complete a **PAR-Q** (physical activity readiness questionnaire) before starting a programme, to check for health risks.
- Warm up properly and cool down after exercise.
- Use correct technique and correct lifting technique, and wear the right clothing and protective equipment (such as shin pads and gum shields).
- Follow the rules of the sport, stay hydrated, and avoid overtraining.
- Use a spotter when lifting heavy weights, and check that equipment and the playing surface are safe.

The warm-up

- Phase 1: a **pulse raiser**, such as jogging, to raise heart rate and body temperature.
- Phase 2: stretching and mobility exercises to move joints through their range.
- Phase 3: skill-based practice and familiarisation, such as passing drills.
- Benefits: raises body temperature and heart rate, increases blood flow and oxygen to the muscles, makes muscles more elastic, reduces the risk of injury and prepares the performer mentally.

The cool-down

- Keep breathing and heart rate raised at a low intensity, such as light jogging, then gradually lower them.
- Finish with stretching.
- Benefits: helps remove lactic acid, reduces DOMS, and stops **blood pooling** in the legs, which can cause dizziness.

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Common sports injuries

- **Sprains** (damaged ligaments), **strains** (damaged muscles), fractures (broken bones), dislocations and concussion.
- Injuries can be treated with rest, ice, compression and elevation, and by seeing a medical professional.

Key terms

PAR-Q	Physical activity readiness questionnaire: checks someone is safe to exercise.
Warm-up	Exercise before activity that prepares the body and mind.
Cool-down	Low-intensity exercise and stretching after activity.
Pulse raiser	The part of a warm-up that raises heart rate, such as jogging.
Sprain	An injury to a ligament.
Strain	An injury to a muscle.
Blood pooling	Blood collecting in the legs when exercise stops suddenly.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What is a PAR-Q?
2. What is the first phase of a warm-up?
3. Which is a benefit of a warm-up?
4. What does a cool-down help prevent?
5. What is a sprain?
6. What is a strain?
7. Why should a spotter be used when lifting heavy weights?
8. What protective equipment helps prevent injury in hockey?

Answers

1. A questionnaire checking someone is safe to exercise
2. A pulse raiser
3. It reduces the risk of injury
4. Blood pooling and DOMS
5. An injury to a ligament
6. An injury to a muscle
7. To help if the lifter can't complete the lift
8. Shin pads and a gum shield

Your notes

What to do next

Practise 11 questions on this topic

Try 5 exam questions, with mark schemes

Read the lesson, one step at a time

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