

Question Number	Answer	Mark																																
1(d)(ii)	<p>Max of two for strategies or physiological benefits. Strategy - appropriate warm up PB - muscle becomes more compliant when it's warm, reducing risk of injury</p> <table><tr><td>Strategy</td><td>1. Apply progression to avoid sudden / rapid increases in intensity / avoid eccentric contractions</td></tr><tr><td>Physiological benefit</td><td>2. Less likely to experience myofibril damage / trauma.</td></tr><tr><td>Strategy</td><td>3. Utilise cross training</td></tr><tr><td>Physiological benefit</td><td>4. Provides a variety of training positions / range of movements.</td></tr><tr><td>Strategy</td><td>5. Aerobic training</td></tr><tr><td>Physiological benefit</td><td>6. Aerobic training increases capillarisation within the muscle, which allows greater and faster saturation of blood, carrying oxygen and nutrients</td></tr><tr><td>Strategy</td><td>7. Undergo an active cool down</td></tr><tr><td>Physiological benefit</td><td>8. Speeds up recovery allowing the period of DOMS to be shorter/increased blood flow to damaged muscles</td></tr><tr><td>Strategy</td><td>9. Ice baths</td></tr><tr><td>Physiological benefit</td><td>10. Reduces the swelling within the myofibrils and encourages a faster recovery/increasing blood flow to area</td></tr><tr><td>Strategy</td><td>11. Anti inflammatory tablets</td></tr><tr><td>Physiological benefit</td><td>12. Reduces the swelling within the myofibrils so removing the discomfort, however it does not speed up recovery so training will be no more frequent.</td></tr><tr><td>Strategy -</td><td>13. Appropriate nutrition</td></tr><tr><td>Physiological benefits</td><td>14. Speeds up muscle repair / reduces DOMS</td></tr><tr><td>Strategy</td><td>15. Appropriate warm up</td></tr><tr><td>Physiological benefits</td><td>16. Muscle becomes more compliant when it's warm, reducing risk of injury, increased ROM.</td></tr></table>	Strategy	1. Apply progression to avoid sudden / rapid increases in intensity / avoid eccentric contractions	Physiological benefit	2. Less likely to experience myofibril damage / trauma.	Strategy	3. Utilise cross training	Physiological benefit	4. Provides a variety of training positions / range of movements.	Strategy	5. Aerobic training	Physiological benefit	6. Aerobic training increases capillarisation within the muscle, which allows greater and faster saturation of blood, carrying oxygen and nutrients	Strategy	7. Undergo an active cool down	Physiological benefit	8. Speeds up recovery allowing the period of DOMS to be shorter/increased blood flow to damaged muscles	Strategy	9. Ice baths	Physiological benefit	10. Reduces the swelling within the myofibrils and encourages a faster recovery/increasing blood flow to area	Strategy	11. Anti inflammatory tablets	Physiological benefit	12. Reduces the swelling within the myofibrils so removing the discomfort, however it does not speed up recovery so training will be no more frequent.	Strategy -	13. Appropriate nutrition	Physiological benefits	14. Speeds up muscle repair / reduces DOMS	Strategy	15. Appropriate warm up	Physiological benefits	16. Muscle becomes more compliant when it's warm, reducing risk of injury, increased ROM.	(4)
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**Yi-Tong Ma**



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