

Additional notes

Warm-up

- **The process of preparing the body through light exercise for more vigorous activity.**
- **A warm-up is usually performed before participating in technical sports or exercising.**

Importance of warming up

- **Improves work efficiency.**
- **Prevent injuries**
- **Improves reaction time.**
- **Improves co-ordination, flexibility, concentration.**
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Warm-down/Cooling down

- The process of making the body to gradually transit from an exertional state to a resting or near resting state through light exercises.
- A warm-down is usually performed after participating in technical [sports](#) or exercising.

Significance of warming down.

- **Helps to remove Lactic acid which can cause cramps.**
- **Reduces Stiffness**
- **Helps in recovery.**

Oxygen Debt

Second Wind

- **Second wind is a sensation characterized by sudden change of condition of distress or fatigue during the early part of prolonged exercise as compared to a less stressful feeling later in the exercise.**
- **Second wind is a condition in which an athlete feels fatigue during the early stage of prolonged exercise but suddenly shifts into a condition of comfort.**

Causes of Second Wind.

- Due to the **slow ventilation adjustment**.
- **Oxidation (removal) of lactic acid** accumulated early during the exercise.
- **Inadequate warming up**.
- Because of local **muscle fatigue**, particularly of diaphragm.
- Due to **psychological factors**

Thank you