Warm-Up, Cool-Down & Injury Prevention

PSK4U | Student laboratory assignment | 1 of 4

Prepare for your investigation

Name: _____ Date: _____ Class: _____

Research question

How do preparation and recovery choices affect a simulated movement-readiness score and session design quality?

Learning goal: use the virtual model to gather evidence, explain warm-up, cool-down & injury prevention and communicate a supported conclusion.

Materials: WorksheetGalaxy virtual laboratory, this assignment, calculator or spreadsheet if needed. Virtual observations only; do not recreate hazardous procedures or perform physical fitness tests without teacher approval.

1. Define two relevant scientific terms from the Background Information tab. (K/U)

2. Write a prediction or hypothesis with a scientific reason. (K/U, T/I)

3. Identify the variable or feature compared, the measured outcome and constants or consistent observation criteria. (T/I)

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Perform the virtual laboratory

Open the corresponding virtual lab and read Background Information. Follow the investigation instructions below. Record authentic simulated results; do not invent data.

• Write a hypothesis predicting the effect of a progressive, task-specific warm-up compared with no warm-up.

• Select an activity and participant profile. Keep these fixed while testing three warm-up configurations.

• Run a no-warm-up comparison, a general-only warm-up, and a general-plus-dynamic warm-up.

• Design a cool-down, compare simulated recovery-transition scores, and record your findings.

• Explain at least two limitations of the model and propose a real-world observation method.

Variables

Record each completed observation using the simulator’s record control when available. Use Data & Graphs to review results. Export CSV if available; attach additional rows or screenshots when needed.

Record the exact settings and any changes to the method.

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Observations & results

Enter the actual results. Keep trial IDs consistent between continued tables. Attach the full exported data or extra sheets when the procedure requires more rows. Include units as displayed.

Data table 1

Trial / item	Activity	Profile	Intensity	General (min)	Dynamic (min)

Data table 1 — continued (2)

Trial / item	Static	Cool-down	Readiness	Recovery

Qualitative observations / sample calculation (show units where applicable)

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Analysis, conclusion & assessment

4. Present a labelled graph of a measured relationship, or an annotated diagram / comparison chart for qualitative investigations. Attach it separately. Explain the pattern using recorded evidence. (C, T/I)

5. Compare two contrasting observations from your investigation of Warm-Up, Cool-Down & Injury Prevention. Explain the difference using the background information. (K/U, A)

6. Use a specific recorded result to answer the research question. Explain the scientific reasoning behind it. (K/U, A)

Conclusion and evaluation: answer the research question, revisit the prediction using evidence, identify a model limitation and propose an improvement. (T/I, A)

Submit this assignment plus your completed Lab Report (printed or saved as PDF from the lab) and any supporting data/figures.

K/U: accurate concepts /10	T/I: method, data, reasoning /12	C: clear tables, units, report /8	A: explanation, conclusion, transfer /10

Total: /40