

BTEC National Extended Certificate Summer Task

Answer the following exam question, scoring as many marks as possible:

The warm-up is a fundamental part of a team's preparation that takes place before a game.

Dave is a rugby coach and his team warm up before every game. In their warm-up they do some light jogging, dynamic stretching and more intense drills.

Analyse the response of the muscular and cardiovascular systems to the warm-up.

(8)