

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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Strategy	9. Ice baths																																	
Physiological benefit	10. Reduces the swelling within the myofibrils and encourages a faster recovery/increasing blood flow to area																																	
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## **Table of Contents Tuesday 10 November 2009 Mark Scheme**

1. Understanding the eBook Tuesday 10 November 2009 Mark Scheme
  - The Rise of Digital Reading Tuesday 10 November 2009 Mark Scheme
  - Advantages of eBooks Over Traditional Books
2. Identifying Tuesday 10 November 2009 Mark Scheme
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Tuesday 10 November 2009 Mark Scheme
  - User-Friendly Interface
4. Exploring eBook Recommendations from Tuesday 10 November 2009 Mark Scheme
  - Personalized Recommendations
  - Tuesday 10 November 2009 Mark Scheme User Reviews and Ratings
  - Tuesday 10 November 2009 Mark Scheme and Bestseller Lists
5. Accessing Tuesday 10 November 2009 Mark Scheme Free and Paid eBooks
  - Tuesday 10 November 2009 Mark Scheme Public Domain eBooks
  - Tuesday 10 November 2009 Mark Scheme eBook Subscription Services
  - Tuesday 10 November 2009 Mark Scheme Budget-Friendly Options

6. Navigating Tuesday 10 November 2009 Mark Scheme eBook Formats
  - ePub, PDF, MOBI, and More
  - Tuesday 10 November 2009 Mark Scheme Compatibility with Devices
  - Tuesday 10 November 2009 Mark Scheme Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Tuesday 10 November 2009 Mark Scheme
  - Highlighting and Note-Taking Tuesday 10 November 2009 Mark Scheme
  - Interactive Elements Tuesday 10 November 2009 Mark Scheme
8. Staying Engaged with Tuesday 10 November 2009 Mark Scheme
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Tuesday 10 November 2009 Mark Scheme
9. Balancing eBooks and Physical Books Tuesday 10 November 2009 Mark Scheme
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Tuesday 10 November 2009 Mark Scheme
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Tuesday 10 November 2009 Mark Scheme
  - Setting Reading Goals Tuesday 10 November 2009 Mark Scheme
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Tuesday 10 November 2009 Mark Scheme
  - Fact-Checking eBook Content of Tuesday 10 November 2009 Mark Scheme
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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