

## Assignment #1\_30.8: Fit to Play

### What you will learn

**Outcome 30.8: Physiology and Biomechanics** – you will learn how using proper biomechanical principles of movement will increase your ability to perform sport skills by decreasing the risk of injury.

### What you will need

[Fit to Play](#) website and/or Get Set App

### What you will do

- Choose a sport or body part from the [Fit to Play](#) website or Get Set App (52 different sports to choose from).
- Start at Level 1 and do the recommended sets and repetitions of exercises listed.
- Create a video of yourself performing the exercises at the beginning at each level. Submit to your instructor.
- Progress to next level after you have mastered the previous level. You must stay on Level 1 for a minimum of 10 workouts.

### What you will improve

You will improve flexibility and strength using movements specifically designed to address the needs of your sport. These preventative exercises will increase your ability to participate and train in your sport.

### What you will reflect on

- ✓ You will log your daily workout in FITSTATS, self-created log sheet or log as assigned by your instructor.
- ✓ Answer the following Reflection Questions:
  1. How did you feel after progressing through each level?
  2. Did the sport specific exercises help you feel more confident in performing skills?

**Extending your Thinking:** The Fit to Play program was created for the Norwegian Olympic effort. Why would a resource like this be developed? How would this resource fit into Canada's Long Term Athlete Development model?

