

SUN SALUTATION YOGA AS AN ADDITION TO WARMING UP AND COOLING DOWN IN COMPETITIVE SPORTS

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Abstract

The warm up and cool down period is an important part of the exercise session. Warming up exercises prepare the cardiovascular system for more vigorous physical activity. Warm up exercises also help prevent injuries and soreness by stretching muscles and increase one degree of body temperature. Following the vigorous activity we should spend five to ten minutes cooling down. This period helps the body to slow down and gradually return to its normal state after exercising. Cool down exercises help prevent muscle cramps and soreness. They also help prevent the light headed feeling that can happen if the exercising stopped suddenly. To cool down, one can repeat the stretching exercises. Doing some kind of continuous movement can also help the cool down. In fact, sport is a highly anxiety situation, rich in frustrations, saturated with aggressiveness. The greatest danger to the athlete in the preparation is anxiety in all its forms. In a competitive sport, anxiety is a feeling which reduces and may even annul athletic potential. In the stage of preparation, the athletes should try to calming it self and manage the anxiety in a proper ways. After a competition, athletes need to remove radical neuroses and unconscious conflicting so the behavior can prevent from disturbing. Yoga claims that it can bring in physical and mental benefits, especially at warming up and cooling down.

Sun salutation yoga is an easy and graceful of exercises that stretch the body and also helps the mind to become calm. A series of 12 Yoga poses that flow into one another without a break, the sun salutation helps to integrate mind, body, and breath. For results that go beyond physical conditioning, Sun Salutation must perform with conscious attention. If we are awareness on what our doing, our mind will become settled and quiet. The posture of this Yoga is 1) salutation position, 2) raised arm position, 3) hand to foot position, 4) equestrian position, 5) quadruped position, 6) eight limbs position, 7) cobra position, 8) mountain position, 9) equestrian position, 10) hand to foot position, 11) raised arm position, and 12) salutation position. One of the most rewarding aspects of Yoga practice is in discovering how mind and body can unite in a harmony of movement and coordination that most need in before and after competitive sports.

Key words: Yoga, Warm Up, Cool Down

The following benefits have often been recorded by regularly practice yoga at least three times a week: weight loss, relief from such conditions as insomnia, headache, backache, constipation, sinusitis, and asthma; improve balance and posture, improved concentration, increase strength and flexibility, reduced mental strain, stress and tension, improved relaxation, improve circulation and breathing, and improved condition of skin, eyes and hair. These and many other positive changes occur through a regular commitment to practice yoga because it is a complete program that involves the entire individual physically, mentally, and spiritually. A basic premise is that a definite link exists between mind and body, that whatever affects one affects the other.

One of the most rewarding aspects of yoga practice is discovering how mind and body can unite in harmony of movement and coordination. While participating in many other forms of exercise it is possible to allow your mind to wander. In yoga, your mental focus on the stretch, coordinated with deep and regular breathing, produce an internal and external unity that gradually increases with practice. This concentration eventually becomes a form of mental discipline that you can apply to all phase of your life