

Chapter 11

FLEXIBILITY

1. **What is flexibility?**

Flexibility refers to _____

Range of motion (ROM) refers to the degrees of motion allowed around a joint.

2. **What is a joint?**

A joint is the _____

3. **List four types of joints and an example of each.**

a. _____ Example _____

b. _____ Example _____

c. _____ Example _____

d. _____ Example _____

4. **What holds our joints together?**

a. ligaments – _____

b. muscle – _____

c. tendon – _____

5. **Why is flexibility so important?**

a. _____

b. _____

c. _____

d. _____

e. _____

6. **What is static stretching?**

Static stretching consists of stretching _____, and in a _____ fashion. Hold the stretch for _____ to _____ seconds. _____ - and - _____ test is an example of a static stretch which measures the flexibility of the _____ and _____.

7. **List other methods of stretching.**

- a. _____ stretching involves quick up and down bobbing movements in which stretches are held very briefly. (quick motions)
- b. _____ is a form of stretching using momentum from static to active causing the muscle to stretch further than it's static limit.

8. Example of a _____ before an activity could include jogging, cycling, or jumping rope for _____ to _____ minutes. A more _____ could include throwing a ball or shooting baskets. It is important that you don't stretch a _____ muscle.

9. **Things to remember while stretching include:**

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

10. The time after a workout in which activity tapers off is referred to as the _____.

TRAINING PRINCIPLES APPLIED TO FLEXIBILITY

10. Principle of Overload

To improve **flexibility**, you must _____.

a. **Frequency** (how often)

1. Minimum of ____ days per week. _____ is best.

b. **Intensity** (how hard)

1. Reach the point where a muscle or connective tissue is stretched _____
_____.

2. Slowly stretch until _____.

c. **Time** (how long)

1. Begin by holding stretch for ____ to ____ seconds.

11. Principle of Progression

You may gradually increase the overload by increasing the:

a. **Frequency** – _____

b. **Intensity** - _____

c. **Time** - _____

12. Principle of Specificity

a. Flexibility requirements vary _____ depending on the _____
you're training for.

b. Do a _____ of stretches that influence all _____.

c. Also, work the two opposing muscle groups involved to _____
_____.

13. Give an example of the principle of specificity.
