

EXS 101- Flexibility Notes

Name: _____

Define Flexibility-

Benefits of Flexibility:

_____ warm up is a series of controlled joint movements that are designed to prepare the body for performance.

Static stretching involves slowly stretching a muscle/tendon group and _____ the position for a period of time.

_____ uses foam rollers, tennis balls, medicine balls, and other assisted devices to apply pressure to alleviate adhesions in the soft tissue.

ACSM Recommendations

Frequency	• Greater than or equal to _____ with daily being best
Intensity	• Stretch to the point of tightness or slight discomfort
Time	• Holding a static stretch for _____ is recommended for most adults • In older adults, holding a stretch for _____ may confer greater benefits • For PNF, a 3-6 second light to moderate contraction followed by a 10-30 second assisted stretch is desirable
Type	• A series of flexibility exercises for each major muscle-tendon unit • Static, dynamic, ballistic, and PNF are each effective
Volume	• A reasonable target is _____ of total stretching time for each exercise

EXS 101- Flexibility Notes

Name: _____

Pattern	• Repeat each exercise _____ times • Muscles should be warm
Progression	• Methods for optimum progression are unknown

_____ is the first step to addressing muscle imbalances and movement impairments.

The human movement system is made up of the _____, _____, and _____ systems.

_____ is a misalignment of one or more segments of the human movement system.

Flexibility Fitness Guidelines Reflection

This week's assignment will involve some self reflection and some practical application of the information learned about the recommended guidelines for cardiovascular fitness and flexibility. If you do not want to share your personal exercise information, feel free to use a fictitious person, a friend or a family member.

1. Please indicate the **frequency, intensity, time and type** of Flexibility activity that is currently being completed each week. (4 pts)
2. List the **recommended guidelines** for Flexibility. (3 pts)
3. Briefly **discuss** what adjustments may need to be made to the flexibility activities to meet the guidelines. If the guidelines are already being met, share some of the benefits that have occurred from optimal fitness. (4 pts)
4. What is something you learned about flexibility? (2 pts)
5. What questions do you still have? What would you like to learn more about? (2pt)