

Chapter 6

Safety Concerns and Value of Flexibility

Name _____ Date _____ Hour _____

- Purpose:**
1. To develop an appreciation for adequate flexibility.
 2. To provide criteria for safely performing flexibility exercises.

1. Circle the best answer for each statement about the value of stretching.

- A. Loss of flexibility occurs (rapidly/gradually).
- B. Lack of flexibility in older adults is primarily due to (lack of activity/ old age).
- C. Post exercise pain can be (reduced/ greater) with stretching.
- D. Emotional tension can be (lessened/ raised) with stretching.
- E. Onset of back pain can be (increased/ decreased) with stretching.

2. Check whether the exercise procedure is safe or unsafe, for each statement listed below.

- | | Safe | Unsafe |
|---|-------|--------|
| A. A student is competing with another student in how far each can stretch. | _____ | _____ |
| B. One student asks another to push on his back while doing the sit-and-reach. | _____ | _____ |
| C. The same student performs flexibility exercises with his weight training program. | _____ | _____ |
| D. A student uses her body's momentum to force the muscle beyond its stretching point. | _____ | _____ |
| E. The same student increases overload based upon evaluation results. | _____ | _____ |
| F. A student is attempting to set a new personal best record of four-count toe touches. | _____ | _____ |
| G. A student decides to engage in stretching exercises three times per day. | _____ | _____ |

3. Circle "T" for all correct statements and "F" for all incorrect ones.

- T F 1. Individuals with good flexibility are less likely to be injured
- T F 2. You should bounce as hard as you can when doing flexibility exercises.
- T F 3. Ligaments help hold joints together.
- T F 4. Tendons attach muscles to bones.
- T F 5. Poor muscle development, poor flexibility, or poor postures are factors contributing to the fact that 80% of people in the United States Suffer from low back pain.

4. Multiple Choice:

- _____ 1. Stretching exercises will help
- A. avoid injuries
 - B. build strength
 - C. develop cardiovascular endurance
 - D. none of the above
- _____ 2. Joints can be prepared for vigorous physical activity by doing
- A. push-ups
 - B. sit-ups
 - C. stretching
 - D. weight training
- _____ 3. Muscles and other connective tissues should be stretched
- A. three times per week
 - B. only before jogging
 - C. once a week
 - D. when it is cold
- _____ 4. To increase flexibility, you must overload the muscle by
- A. increasing your running distance
 - B. lifting heavy weights
 - C. performing isometric exercises
 - D. stretching farther than normal

Answer the following questions:

1. Why does a person lose flexibility?

2. What is the major difference between static and dynamic stretching?

3. How can the overload principle be used to improve flexibility?

4. Why should you not use partners when performing stretching exercises?

5. Name a sport or recreational activity in which you participate. List three stretching exercises you could perform to warm up for this activity.

