Chapter 6:

Flexibility

Chapter Objectives:

- How is joint movement limited?
- Why is flexibility important?
- What is the difference between static stretching and dynamic stretching?
- How may the training principles be applied to improve flexibility?
- What safety precautions should be taken when you are engaging in flexibility exercises?
- How is flexibility evaluated?

Terms to Know:

- Flexibility – is the ability to move body joints through a full range of motion.
- Joint – is the point at which two bones come together.
- Ligament – strong fibrous tissue that attaches one bone to another.
- Muscle – meaty tissue that surrounds the bones.
- Tendon – connective tissue that anchors the muscle to the bone.

Why is Flexibility Important?

- Reduces injuries –
- Prevents post exercise pain –
- Reduces chance of lower back pain –
- Helps relieve emotional tension –

Types of Stretching:

Static – is the more acceptable method of increase flexibility. Slowly moving the muscle to its stretching point and holding this position for 10 –30 seconds.

Dynamic – involves a similar position but is done in a continuous controlled manner.

Ballistic – usually involves bobbing, bouncing, or jerky movements that use the body's momentum.

Application of training Principles:

Principle of overload

- Frequency –
- Intensity –
- Time –
- Principle of Progression
- Principle of Specificity

Flexibility Safety Precautions:

1. Ballistic stretching should be avoided.
2. Using partners to help stretch may cause injuries.
3. Start at a proper level and know when to increase the frequency, intensity or amount of time.
4. Don't try to imitate the stretching ability of others.
5. Include flexibility exercises with cardiovascular and muscular strength and endurance programs to prevent injuries.