

Personal Fitness - Flexibility

(Revised Fall 2013)

Name: _____ Period: _____ Date: _____

1. Define Flexibility:

2. List and explain 2 important characteristics of flexibility:

Flexibility is _____ - _____

Flexibility is _____ - _____

3. List some benefits of good flexibility:

4. List and explain the difference between the 2 basic types of flexibility:

5. The following are stretching techniques recommended for developing flexibility:

Static Stretching – _____

Dynamic Stretching – _____

Active Stretching – _____

Passive Stretching – _____

_____ – partner assisted stretching whereas a muscle contraction is followed by a relaxation and further stretch

6. What stretching technique is not recommended and why not?

7. List some guidelines you should follow for flexibility training:

8. Define Skeletal Joint: the area where _____.

9. Define Tendon: fibrous tissue that connects _____ to _____ at a joint.

10. Define Ligament: fibrous tissue that connects _____ to _____ at a joint.