**FLEXIBILITY**

**PART ONE:**

**Using the slideshow on our course website, answer the following questions.**

1. **What is flexibility? (2 marks)**
2. **List three reasons why flexibility training is important. (3 marks)**

1. **What is the difference between static stretching and dynamic stretching? (4 marks)**
2. **Explain proprioceptive neuromuscular stretching. (2 marks)**
3. **List and explain the guidelines for flexibility training. (5 marks)**

**PART TWO:**

**Read the article "Ask the Ripped Dude: Should I Stretch Before My Workout" and choose 3 dynamic stretches. Watch the videos and describe the stretches below. (3 marks each).**

1. Name of dynamic stretch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Muscle(s) involved:
3. Description of stretch:
4. Name of dynamic stretch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Muscle(s) involved:
6. Description of stretch:
7. Name of dynamic stretch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Muscle(s) involved:
9. Description of stretch:

**PART THREE:  
  
Using the internet, research 5 static stretches that you can use for a cool down. (3 marks each)**

1. The name of static stretch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Muscle(s) involved
   2. Description of stretch
2. The name of static stretch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Muscle(s) involved
   2. Description of stretch
3. The name of static stretch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Muscle(s) involved
   2. Description of stretch
4. The name of static stretch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Muscle(s) involved
   2. Description of stretch
5. The name of static stretch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Muscle(s) involved
   2. Description of stretch