

#9742

FLEXIBILITY

HUMAN KINETICS, 2002

Grade Levels: 7-12

25 minutes

1 Instructional Graphic Enclosed



DESCRIPTION

What is flexibility and how is it assessed? How is it different from stretching? What are some stretching exercises that improve flexibility? Looks at these and other areas related to this type of physical fitness.

ACADEMIC STANDARDS

Subject Area: Physical Education

- ★ Standard: Understands the benefits and costs associated with participation in physical activity
 - Benchmark: Understands long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition) (See Instructional Goal #1.)
- ★ Standard: Understands how to monitor and maintain a health-enhancing level of physical fitness
 - Benchmark: Engages in more advanced levels of activity that develop and maintain flexibility (See Instructional Goal #2.)
 - Benchmark: Understands basic principles of training that improve physical fitness (e.g. threshold, overload, specificity, frequency, intensity, duration, and mode of exercise) (See Instructional Goals #1 and 2.)



INSTRUCTIONAL GOALS

1. To understand the importance of flexibility in being physically fit.
2. To perform stretching exercises for assessing and developing flexibility in the upper body, trunk, and lower body.

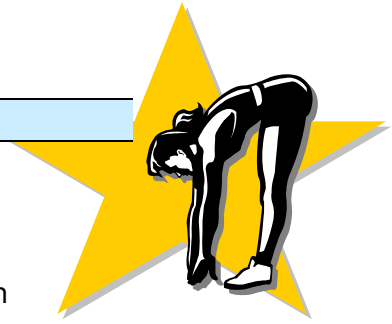
BACKGROUND INFORMATION

This film is part of a series: *Chuck Corbin's Fitness for Life*. Other videos in the series individually address the four health-related parts of fitness: body composition, cardiovascular fitness, muscular fitness, and flexibility. The *Introduction to Lifelong Physical Fitness* video gives an overview of all the components.



VOCABULARY

1. Achilles tendon
2. arch (i.e. back)
3. cartilage
4. contract (a muscle)
5. fully extended (i.e. arms)
6. gravity
7. intensity
8. joints
9. maintain
10. moderate exercise
11. muscle cramps
12. optimal performance
13. overlap
14. overload
15. posture
16. progression
17. repetition
18. resistance
19. reverse (a position)
20. self-assessment
21. specificity
22. tendons
23. trunk (of body)
24. vigorous exercise



BEFORE SHOWING

1. Define flexibility. Brainstorm benefits, measurements, and development of flexibility.
2. Preview the After Showing Discussion questions.

DURING SHOWING

1. View the video more than once, with one showing uninterrupted.
2. Pause the video after viewing the sit and reach assessment. Do this assessment. Use the chart to rate your flexibility. (See Instructional Graphic.)
3. Pause the video after viewing the zipper assessment. Do this assessment. If you touch or overlap the fingers of both hands, you have a passing score.
4. Pause the video after each stretching activity is demonstrated. Repeat the activity and identify which part of the body it focuses on: upper body, trunk, or lower body.



AFTER SHOWING

► Discussion Items and Questions

1. What is flexibility? What are some of the characteristics of a person with good flexibility?
2. What is a muscle-tendon unit? Why is it important to have flexibility?
3. What is hypermobility? How could you tell if a person has hypermobility?
4. What are the benefits (both health and performance) of good flexibility?
5. What are some good warm-up stretching exercises?
6. What are some good tests of flexibility?
7. How do you do the sit-and-reach test properly? What parts of the body does it test?
8. How do you do the zipper test properly? What parts of the body does it test?
9. What are some basic exercise principles that should be considered when attempting to build flexibility? How frequently should you do stretching to improve flexibility?

10. How can you tell if a stretching exercise is intense enough to build flexibility? What is the best length of time for doing exercises to build flexibility?
11. How do you do static stretching exercises properly? What are some ways of applying overload when doing static stretching?
12. How do you do PNF exercises properly? How is PNF different from static stretching?
13. What is ballistic stretching and why is it not recommended for most people?
14. What are some good stretching exercises for developing flexibility and how do you do them properly?

► Applications and Activities

1. Practice the stretching exercises demonstrated in the video. Post enlarged sketches of the different static stretching exercises as a daily prompt to warm-up and cool down. (See Instructional Graphics.)
2. Develop a personal flexibility exercise program that addresses the three principles of training: overload, progression, and specificity. Determine intensity, duration, and frequency needed for your workout.
3. Create a stretching workout video for the deaf with “visual music” (e.g. flashing, colored lights) to show tempo and transition between activities. Incorporate activities for upper body, trunk, and lower body.
4. Interview a physical trainer, occupational therapist, or other expert on careers in the area of health-related fitness.
 - a. What kind of preparation and experience is required for these careers?
 - b. What are the various settings where these professionals work?



RELATED RESOURCES



- [Body Composition #9628](#)
- [Cardiovascular Fitness #9629](#)
- [Introduction to Lifelong Physical Fitness #9632](#)
- [Muscle Fitness #9743](#)



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

• THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

<http://www.fitness.gov/index.html>

Describes the goals of the President's Challenge and provides links to resources for coaches and teachers as well as tips for students on keeping fit.

- **AMERICAN HEART ASSOCIATION**

<http://www.americanheart.org>

Gives information about upcoming local activities such as American Heart Walks, fundraisers that can be done by school students such as Hoops For Heart, and provides links to many resources and articles relating to heart disease and fitness tips.

- **KIDNETIC.COM**

<http://www.kidnetic.com/>

Filled with games, activities, interactive learning, recipes, and information about keeping physically fit.

INSTRUCTIONAL GRAPHICS

- **STATIC STRETCHING EXERCISES**

Static Stretching Exercises

Rating	Girls	Boys
Very Good	+4 to +6 inches	+3 to +4 inches
Good	+2 to +4 inches	+1 to +3 inches
Average	0 to +2 inches	0 to +1 inches
Fair	-2 to 0 inches	-2 to 0 inches
Low	-2 to -3 inches	-2 to -4 inches



SPINE TWIST



CHEST STRETCHER



HIP STRETCHER



SITTING STRETCHER



ARM STRETCHER