

# FLEXIBILITY

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PHYSICAL EDUCATION


# HOW STRETCHING ACTUALLY CHANGES YOUR MUSCLES



# VIDEO QUIZ QUESTION


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**1) Which of the following statements accurately describes what happens when we stretch our muscles?**

- A) Muscle is elastic and will act like a rubber band when it is stretched.
- B) If we stretch our muscles several times the resistance to stretch will decrease and the next day your muscles will be more flexible (less stiff).
- C) When we stretch repeatedly over a few days we can achieve a greater range of motion because we can better tolerate the discomfort of the stretch. 
- D) 30 second hamstring stretches will be sufficient to decrease resistance to stretch and this effect will last at least an hour.


# VIDEO QUIZ QUESTION

## 2) Which of the following statements is false?

- A) When a muscle is stretched it displays a combination of elastic and viscous effects and this is referred to as viscoelastic behavior.
- B) Marathon runners need to stretch a lot to have adequate flexibility to run and avoid injury. 
- C) The sarcomere is the contractile unit of muscle, and a benefit of stretching is the addition of more sarcomeres such that the muscle functions better at longer muscle lengths.
- D) It takes months of regular stretching to achieve a long-lasting.


# VIDEO QUIZ QUESTION

**3) Which of the following are potential benefits of stretching?**

- A) Decrease risk of muscle injury. 
- B) Improve long distance running performance.
- C) Improve strength at short muscle lengths.
- D) None of the above.
- E) All of the above.


# VIDEO QUIZ QUESTION

**4) When we stretch our muscles which part of the muscle primarily resists the stretch?**

- A) The sarcomeres.
- B) The muscle fibers.
- C) Stretch-induced muscle contraction.
- D) The connective tissue surrounding the muscle. 

# VIDEO QUIZ QUESTION

**5) Which of the following stretching scenarios could be detrimental?**

- A) Performing 8 low back stretches each lasting 1 minute with 30 seconds rest in between.
- B) Regularly stretching to the extremes of joint motion in very flexible individuals. 
- C) Stretching for 15 minutes before you go to bed.

# VIDEO QUIZ QUESTION

**6) What are some things to look out for, or to avoid, when stretching?**

**AVOID BOUNCING OR JERKING MOVEMENTS DURING STRETCHING**

**AVOID OVERSTRETCHING**



# UNIT KNOWLEDGE RECAP

FLEXIBILITY



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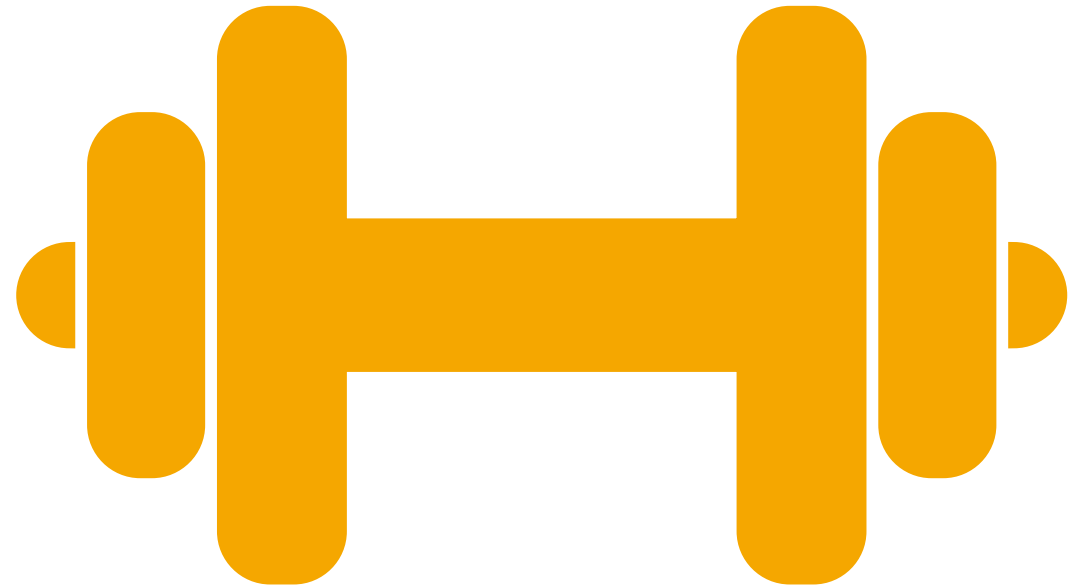
WHAT MAJOR COMPONENT DOES  
DYNAMIC STRETCHING FALL UNDER IN  
PHYSICAL EDUCATION?

FLEXIBILITY

**DOES DYNAMIC  
STRETCHING  
ENHANCE  
PERFORMANCE  
AND FLEXIBILITY?**

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**YES**

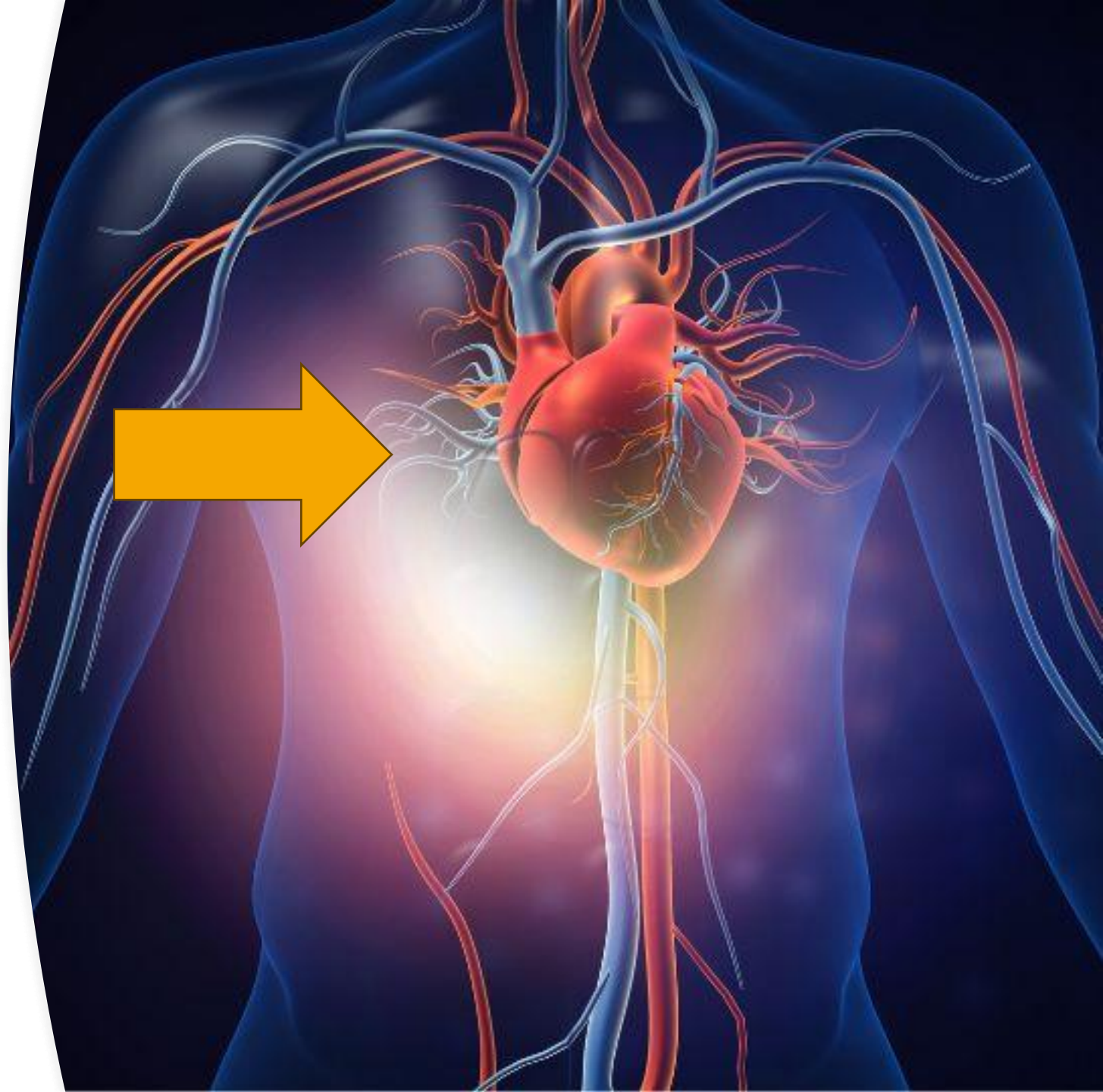


**WHAT IS THE YELLOW ARROW  
POINTING TO?**

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**WHAT MAJOR PHYSICAL COMPONENT  
IS THIS MUSCLE IS CONNECTED TO?**

- A. CARDIOVASCULAR ←**
- B. MUSCULAR STRENGTH**
- C. MUSCULAR ENDURANCE**
- D. BODY COMPOSITION**
- E. FLEXIBILITY**






WHAT PHYSICAL COMPONENT ARE THESE  
ATHELETES EXHIBITING?


- A. CARDIOVASCULAR ←
- B. MUSCULAR STRENGTH
- C. MUSCULAR ENDURANCE
- D. BODY COMPOSITION
- E. FLEXIBILITY

# DYNAMIC STRETCHING: QUIZ QUESTION

**1) What is dynamic stretching primarily focused on?**


- A) Holding a stretch position for an extended time
- B) Actively moving during stretches 
- C) Relaxing and breathing deeply
- D) Sitting still while stretching

**2) Which of the following is an example of dynamic stretching?**


- A) Holding onto your toes and counting to 30
- B) Repeatedly swinging your leg forward and backward 
- C) Touching your toes and staying in that position
- D) Lying down and pulling your knees to your chest

# STATIC STRETCHING: QUIZ QUESTION

## 1) What is static stretching?

- A) Stretching while moving and bouncing
- B) Stretching that involves quick, jerky motions
- C) Stretching and holding a position without movement 
- D) Stretching only your upper body


## 2) When is static stretching most effective?

- A) Before starting any physical activity
- B) During intense exercise or sports
- C) After completing a workout or activity 
- D) During a short break in the middle of an activity


# FLEXIBILITY: QUIZ QUESTION

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## 1) What does flexibility refer to?

- A) The ability to run very fast
- B) The number of muscles you have in your body
- C) The range of motion in your joints and muscles 
- D) The number of bones in your body

## 2) Why is flexibility important?

- A) It helps you gain weight and muscle mass
- B) It can make you taller as you grow older
- C) It reduces the risk of injury and helps with movement 
- D) It only matters for professional athletes



# MAJOR MUSCLE RECAP



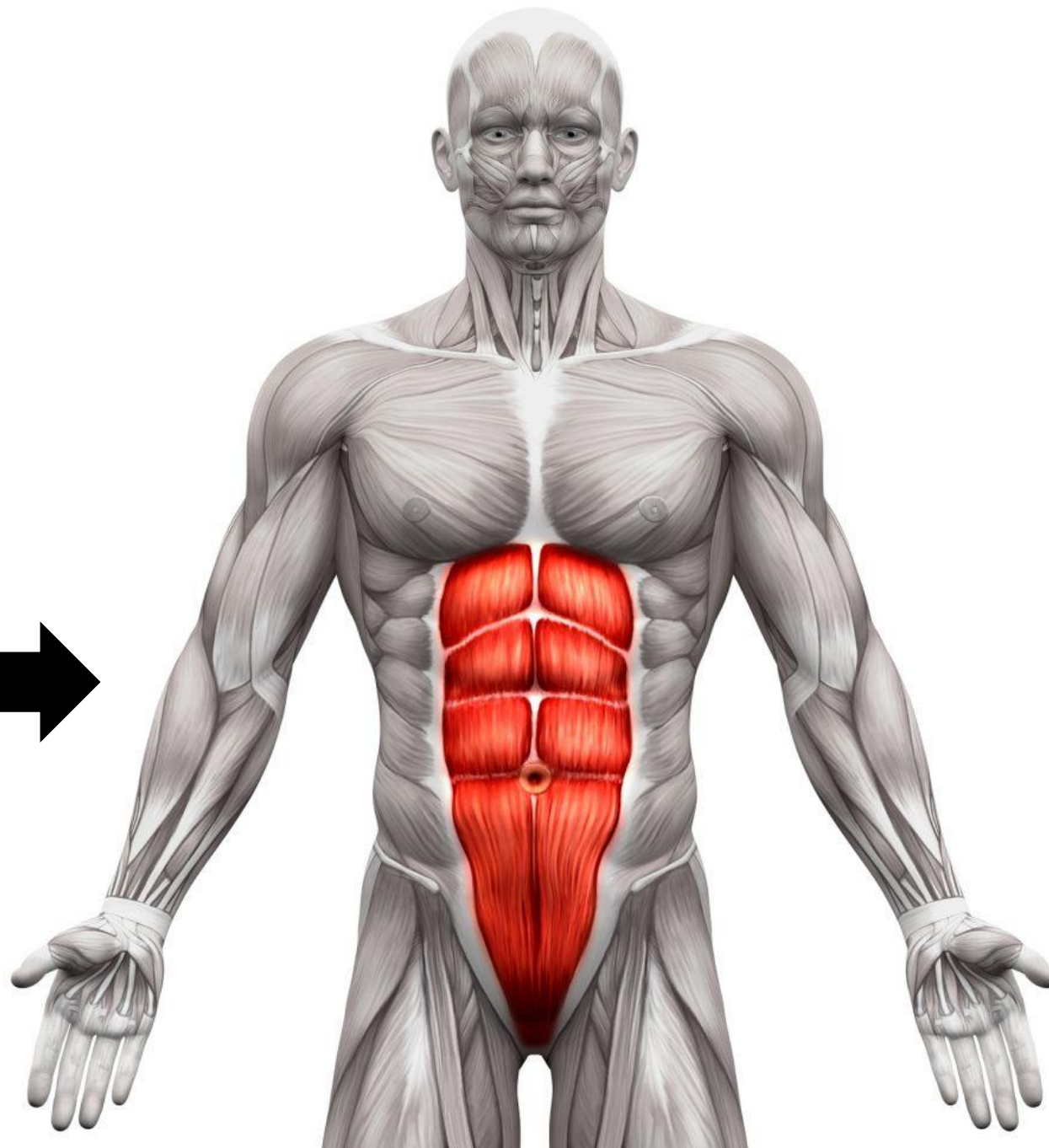
ERECTOR SPINAE



GLUTES



ABDOMINALS



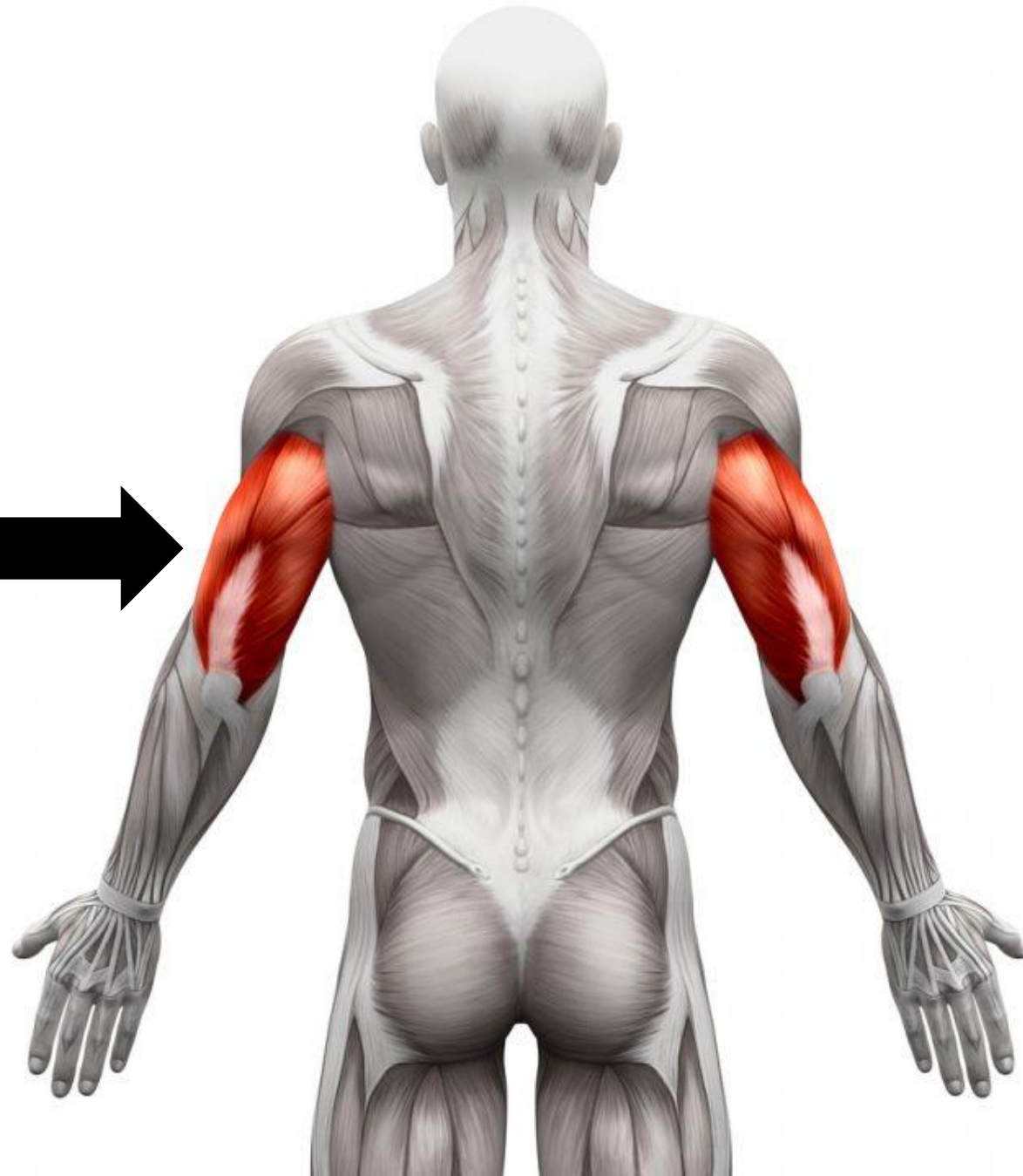


BICEPS

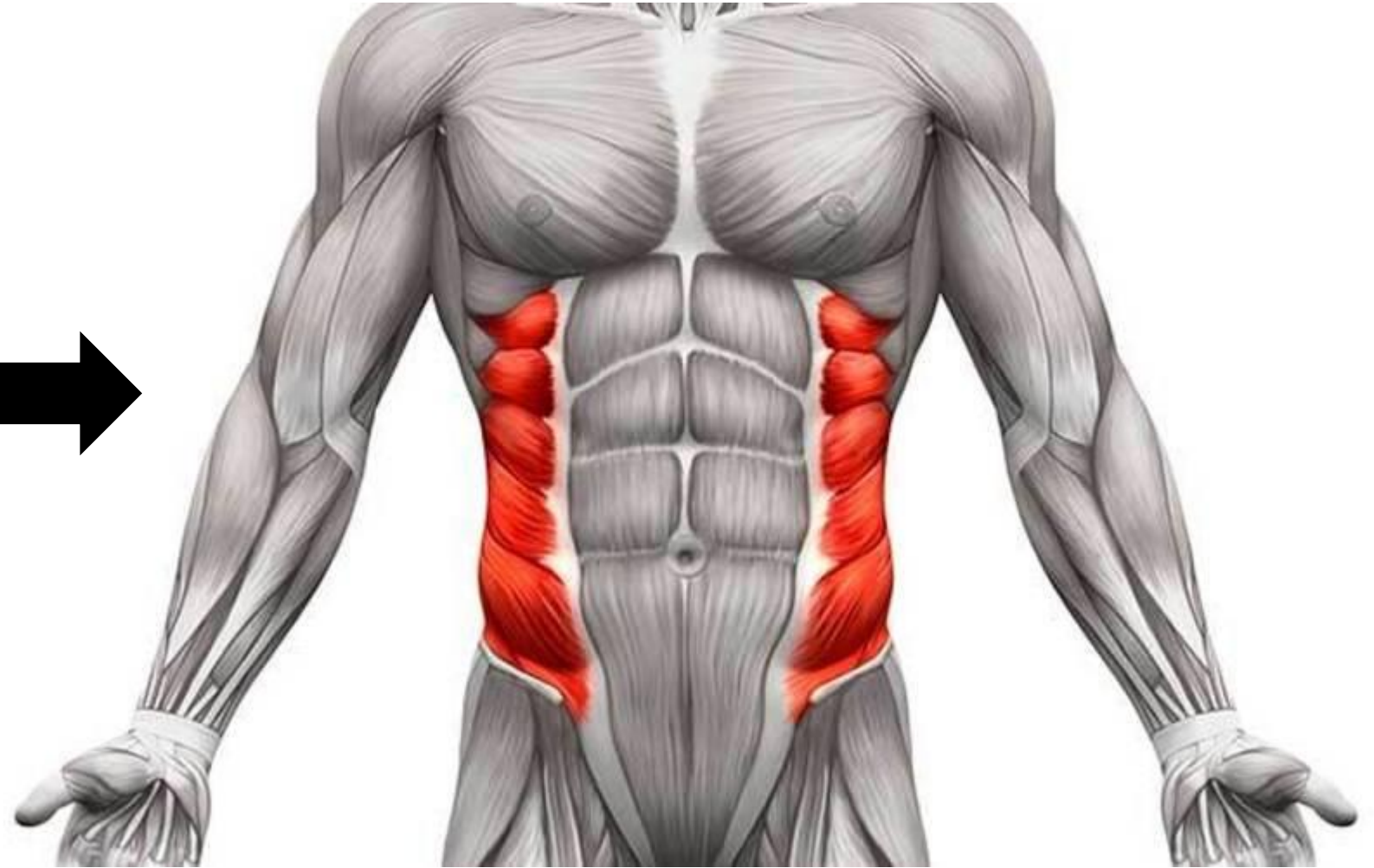


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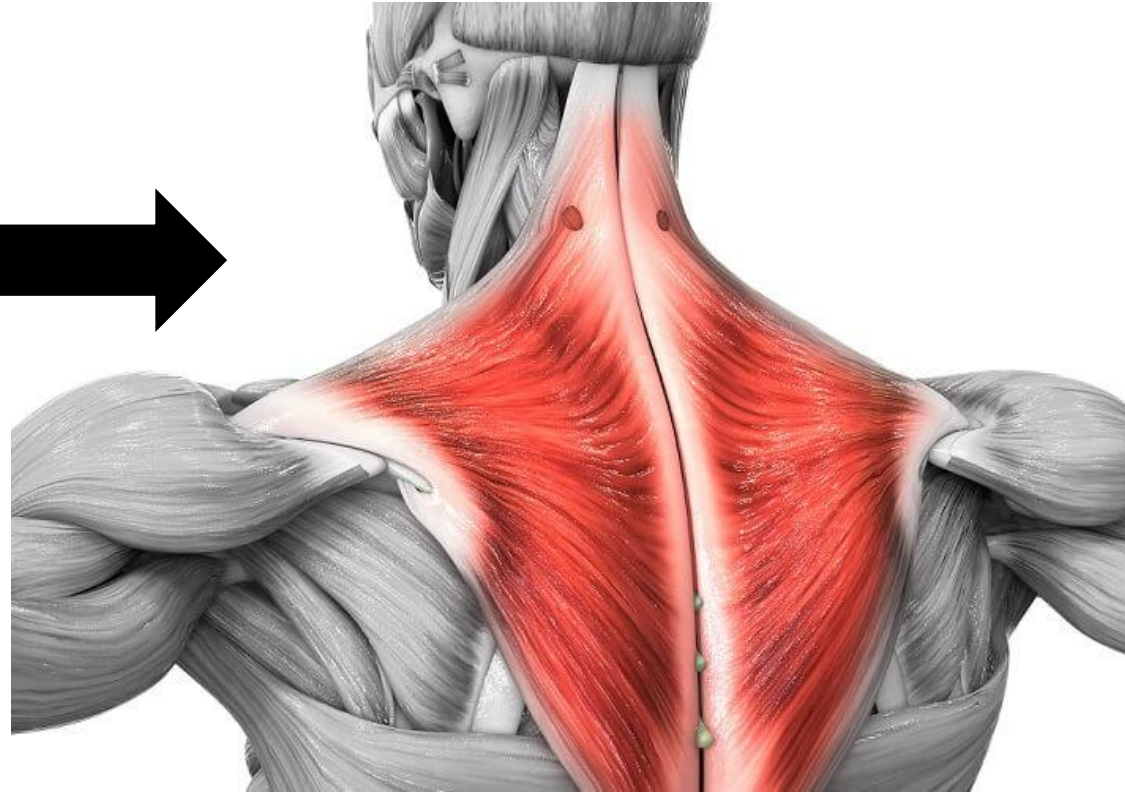
TRICEPS



OBLIQUES

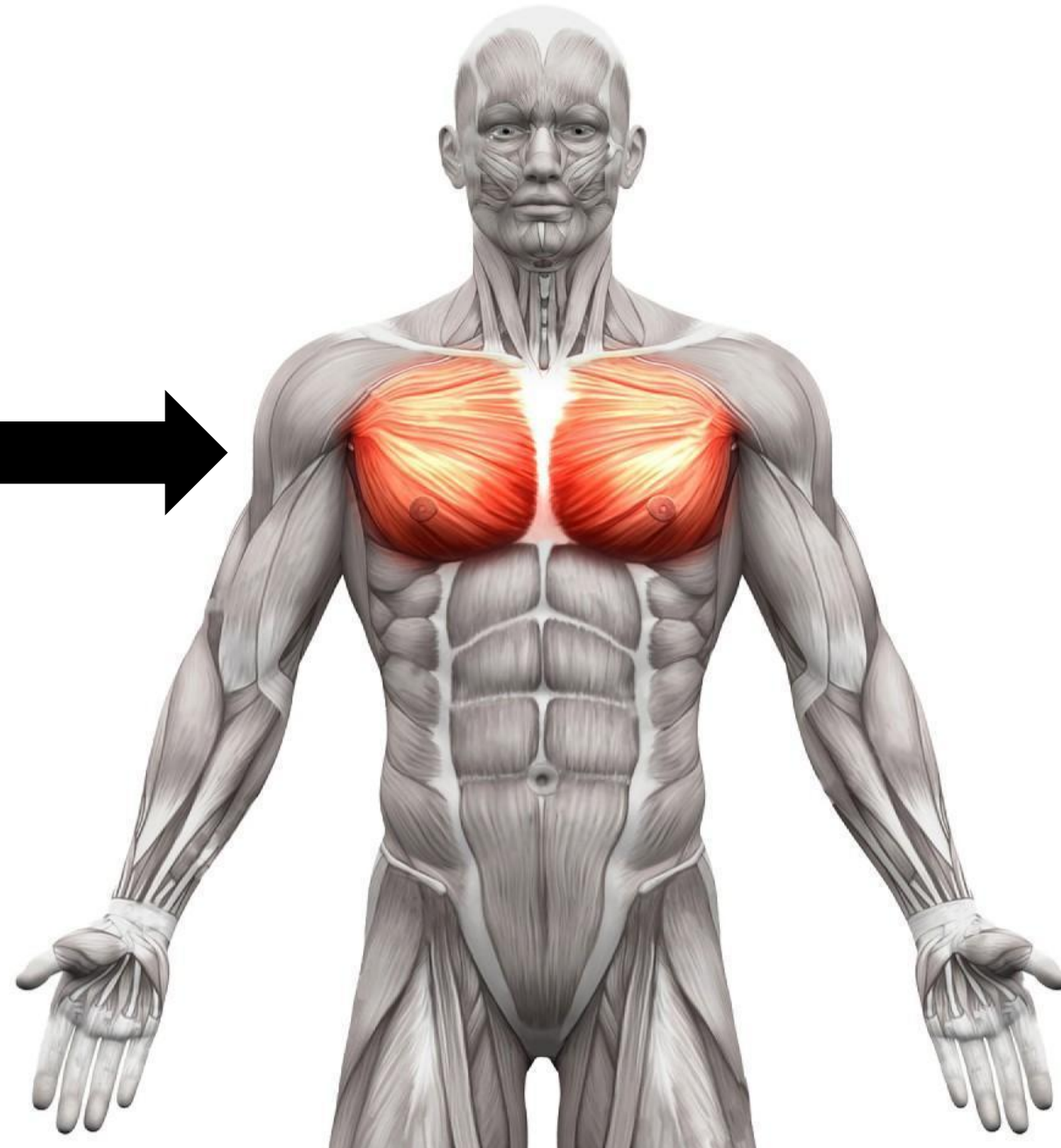


TRAPEZIUS/TRAPS





PECTORALIS



QUADRICEPS/QUADS

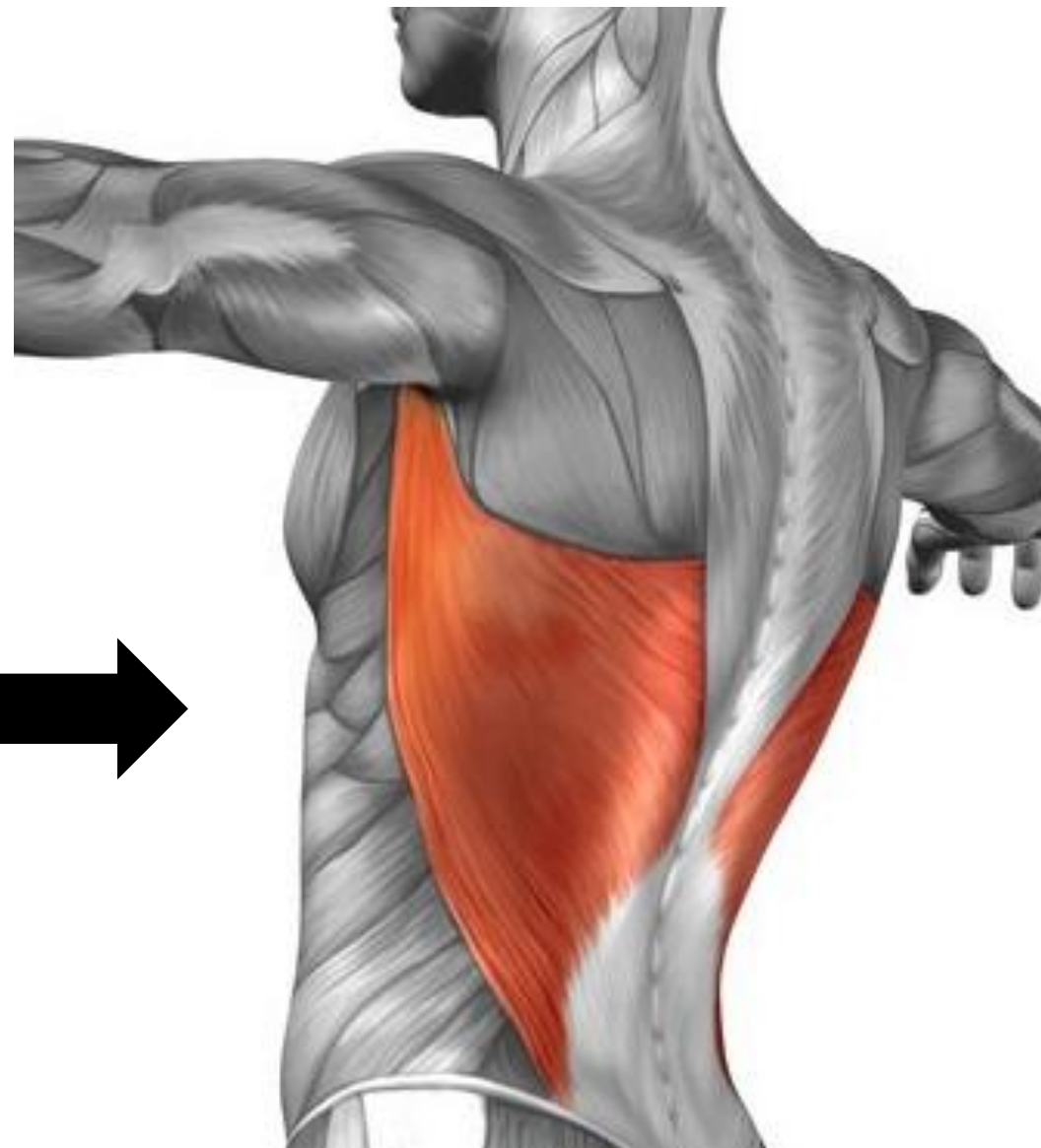


HAMSTRINGS

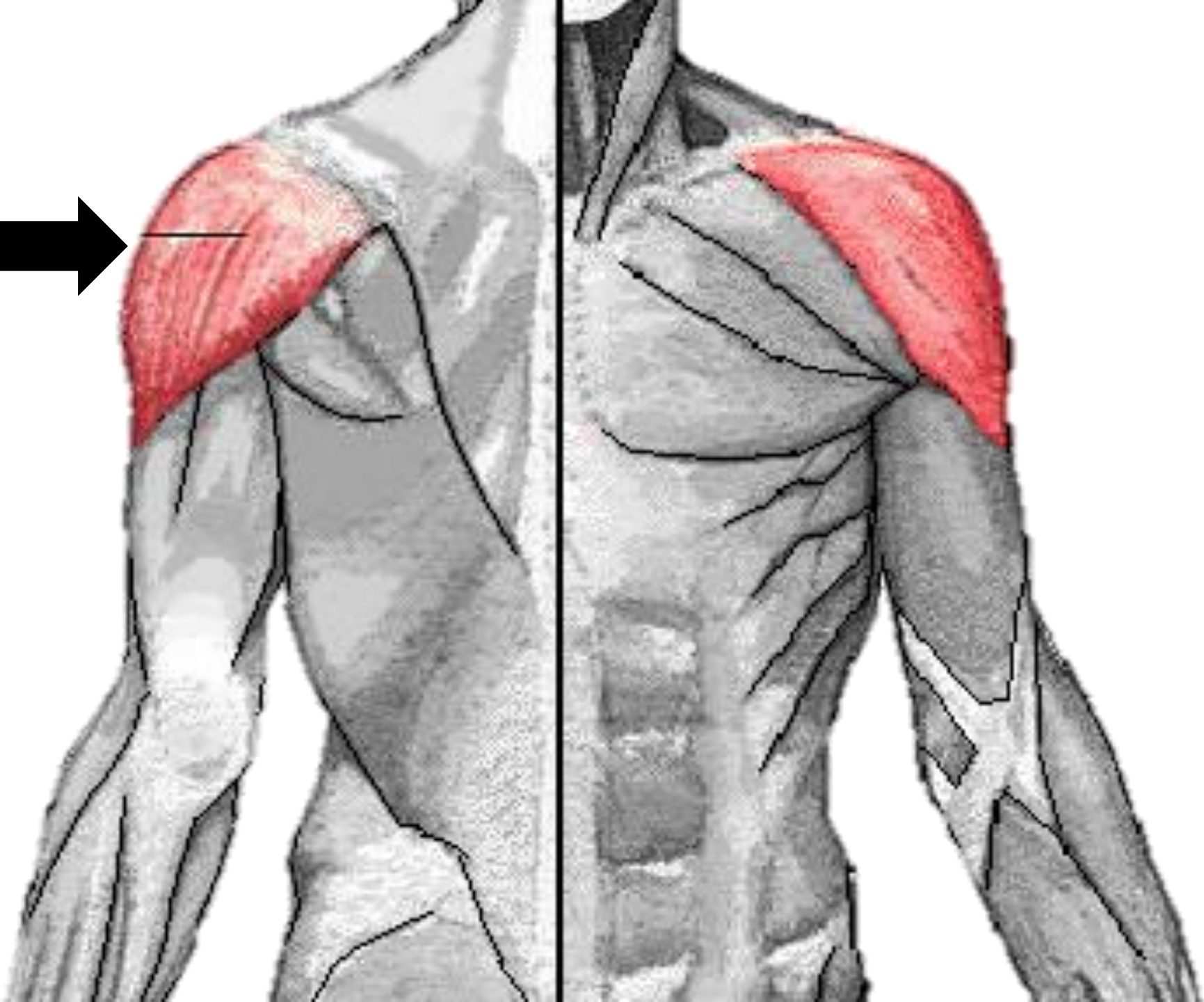
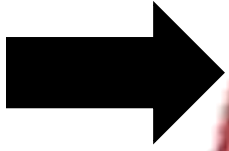




LATS



DELTOIDS





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CALVES

