

FLEXIBILITY

PHYSICAL EDUCATION



HOW STRETCHING ACTUALLY CHANGES YOUR MUSCLES



VIDEO QUIZ QUESTION

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

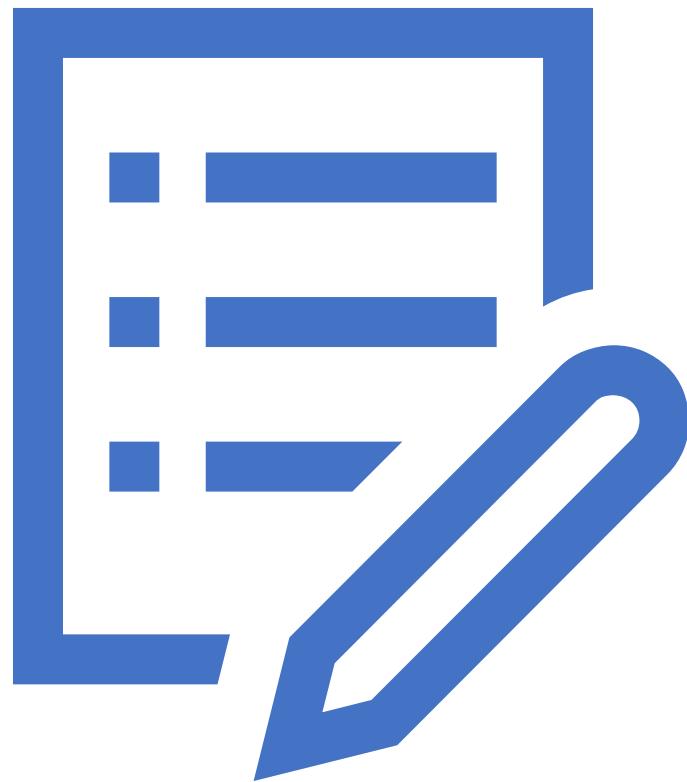
6) What are some things to look out for, or to avoid, when stretching?

AVOID BOUNCING OR JERKING MOVEMENTS DURING STRETCHING

AVOID OVERSTRETCHING

UNIT KNOWLEDGE RECAP

FLEXIBILITY

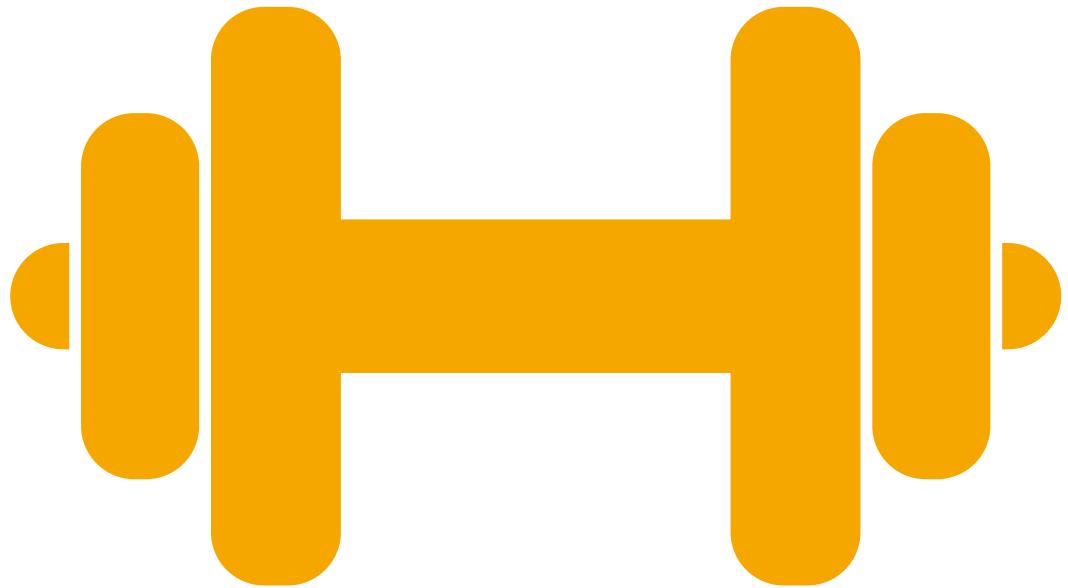


WHAT MAJOR COMPONENT DOES
DYNAMIC STRETCHING FALL UNDER IN
PHYSICAL EDUCATION?

FLEXIBILITY

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

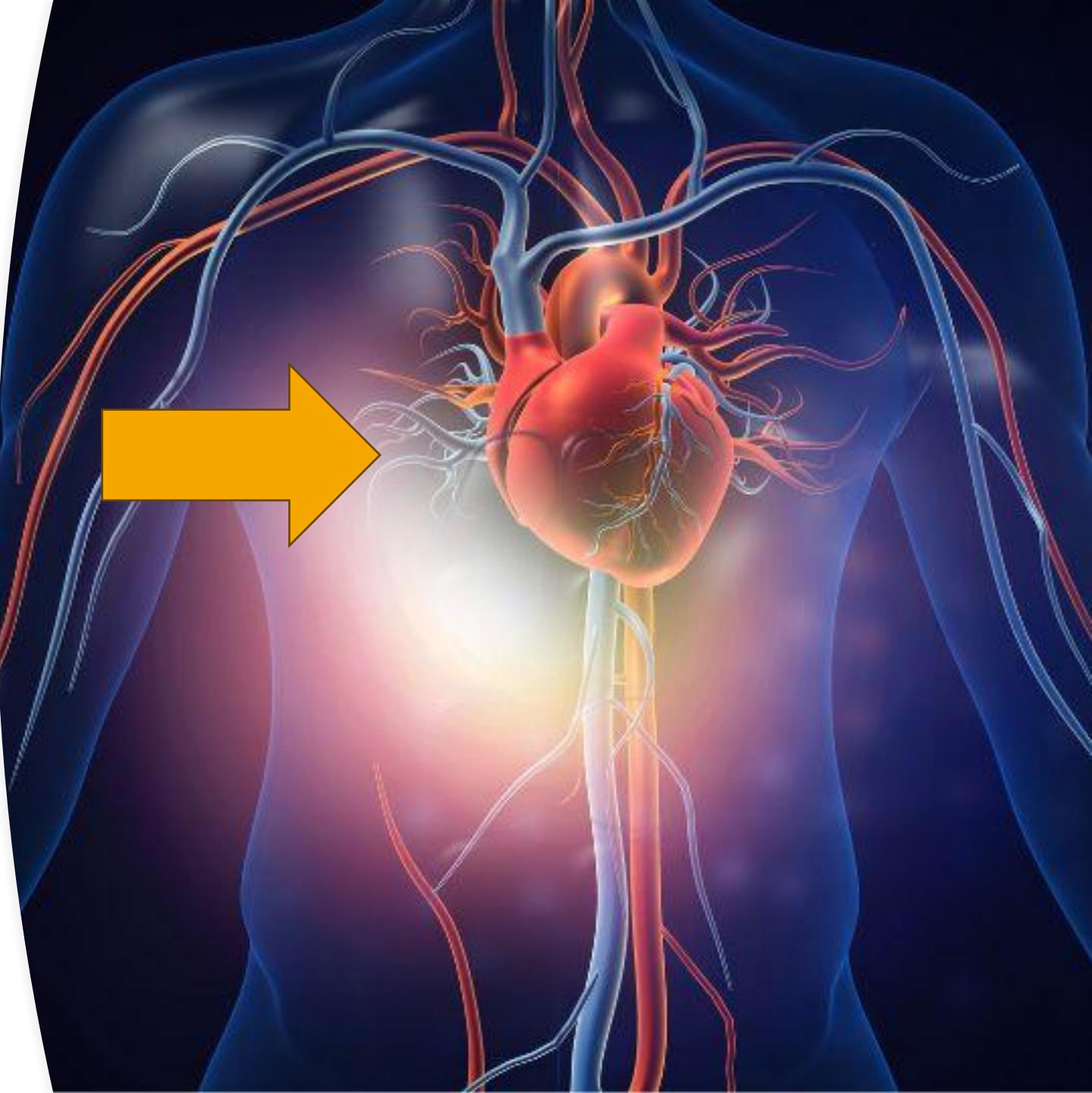
YES



WHAT IS THE YELLOW ARROW POINTING TO?

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 ATHLETES 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

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?

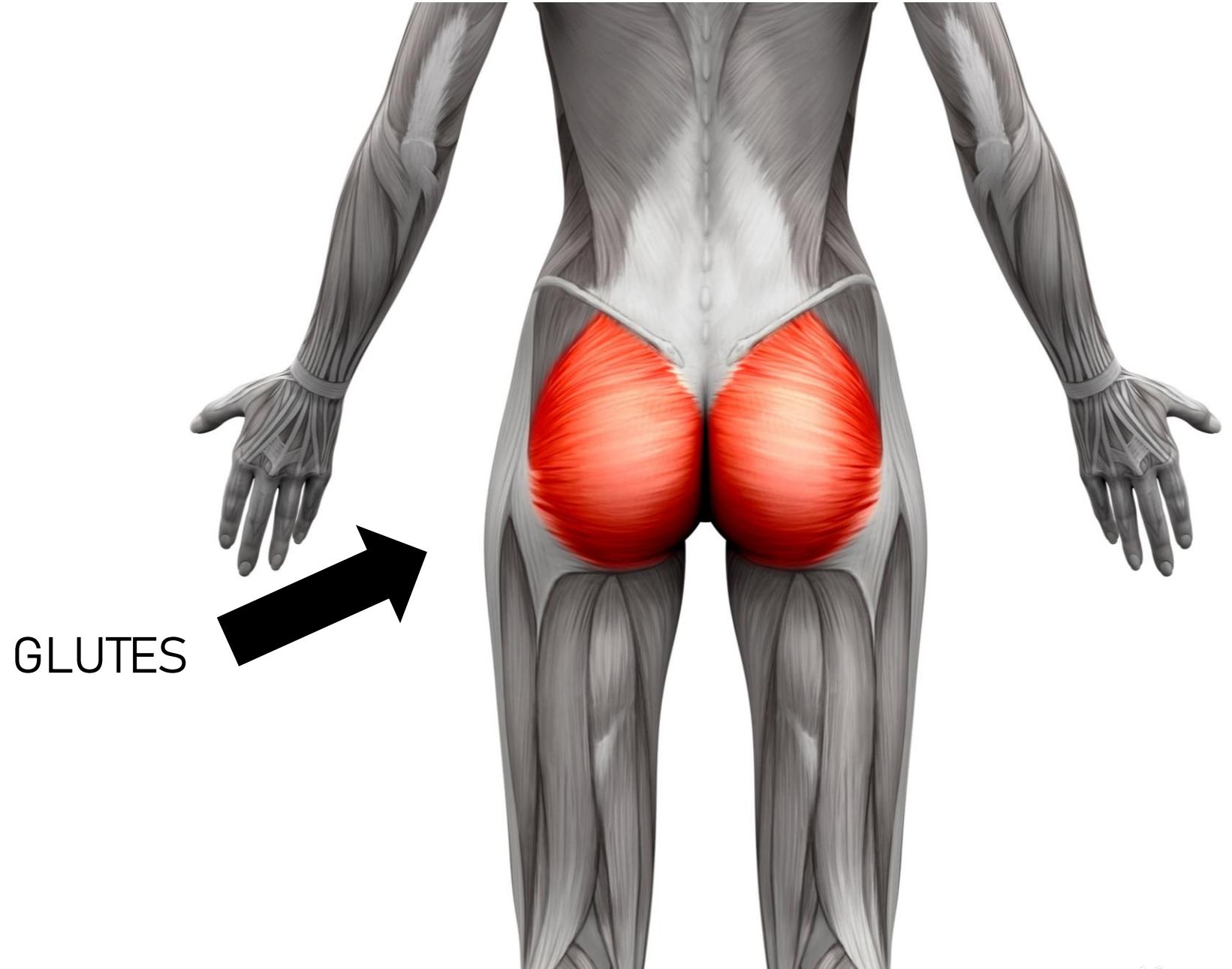
- A) It helps you gain weight and muscle mass
- B) It can make you taller as you grow older
- C) It reduces the risk of injury and helps with movement ←
- D) It only matters for professional athletes

MAJOR MUSCLE RECAP

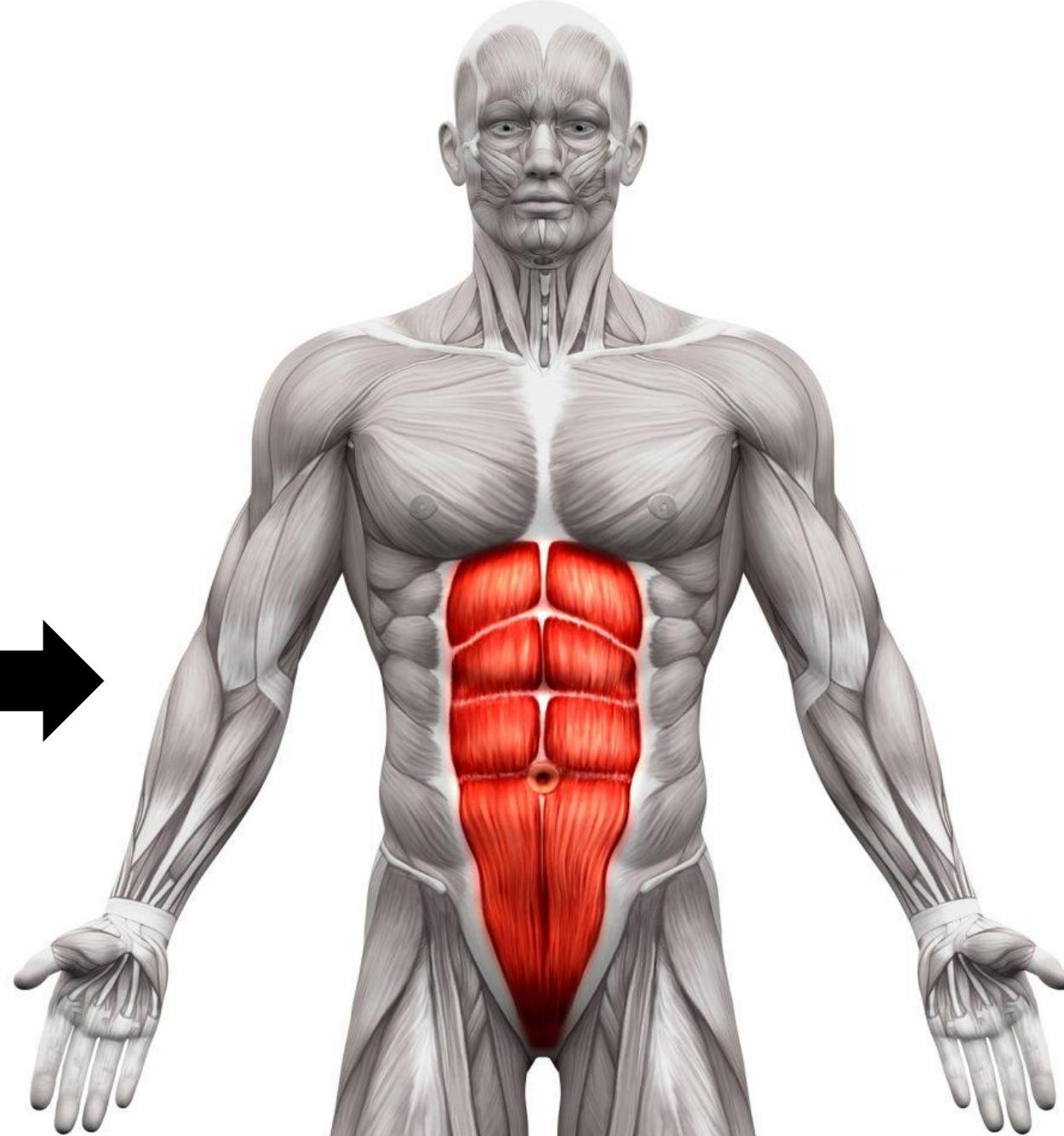


ERECTOR SPINAE





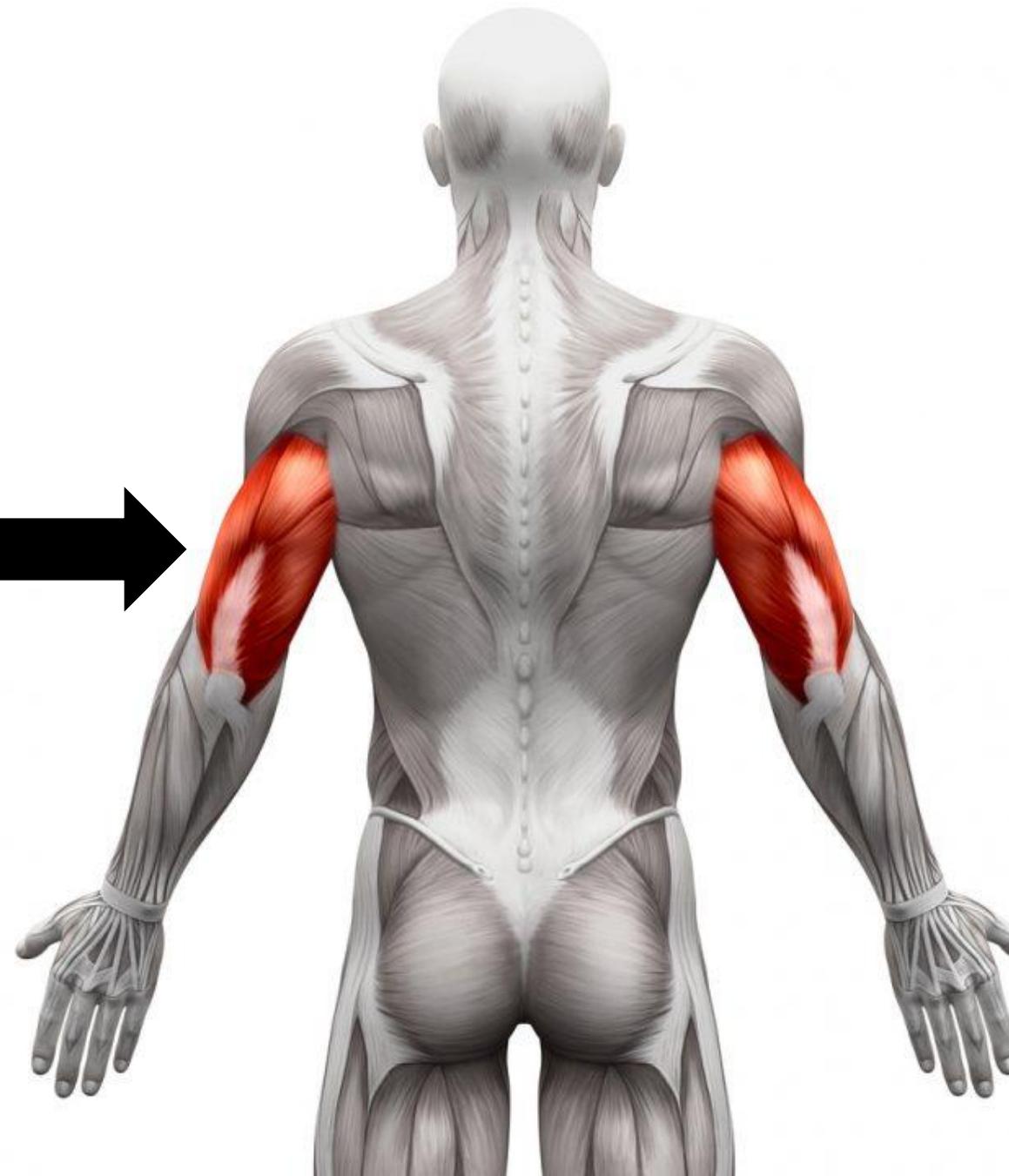
ABDOMINALS



BICEPS



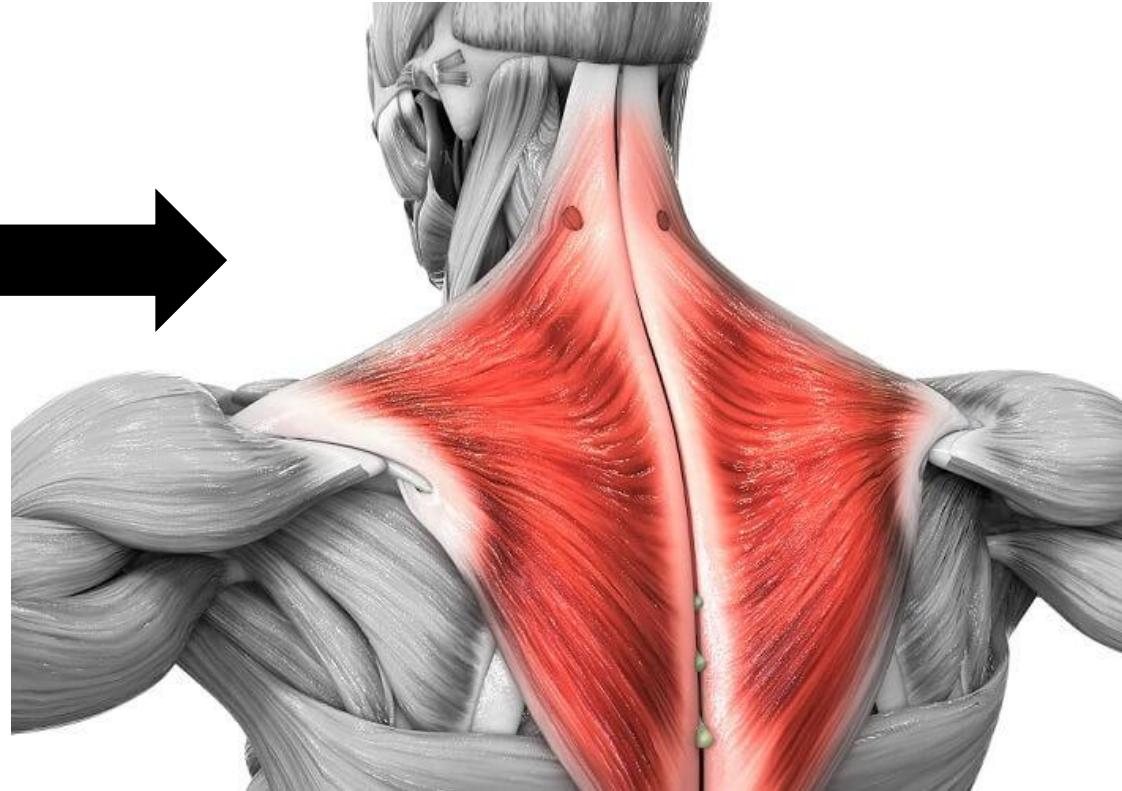
TRICEPS



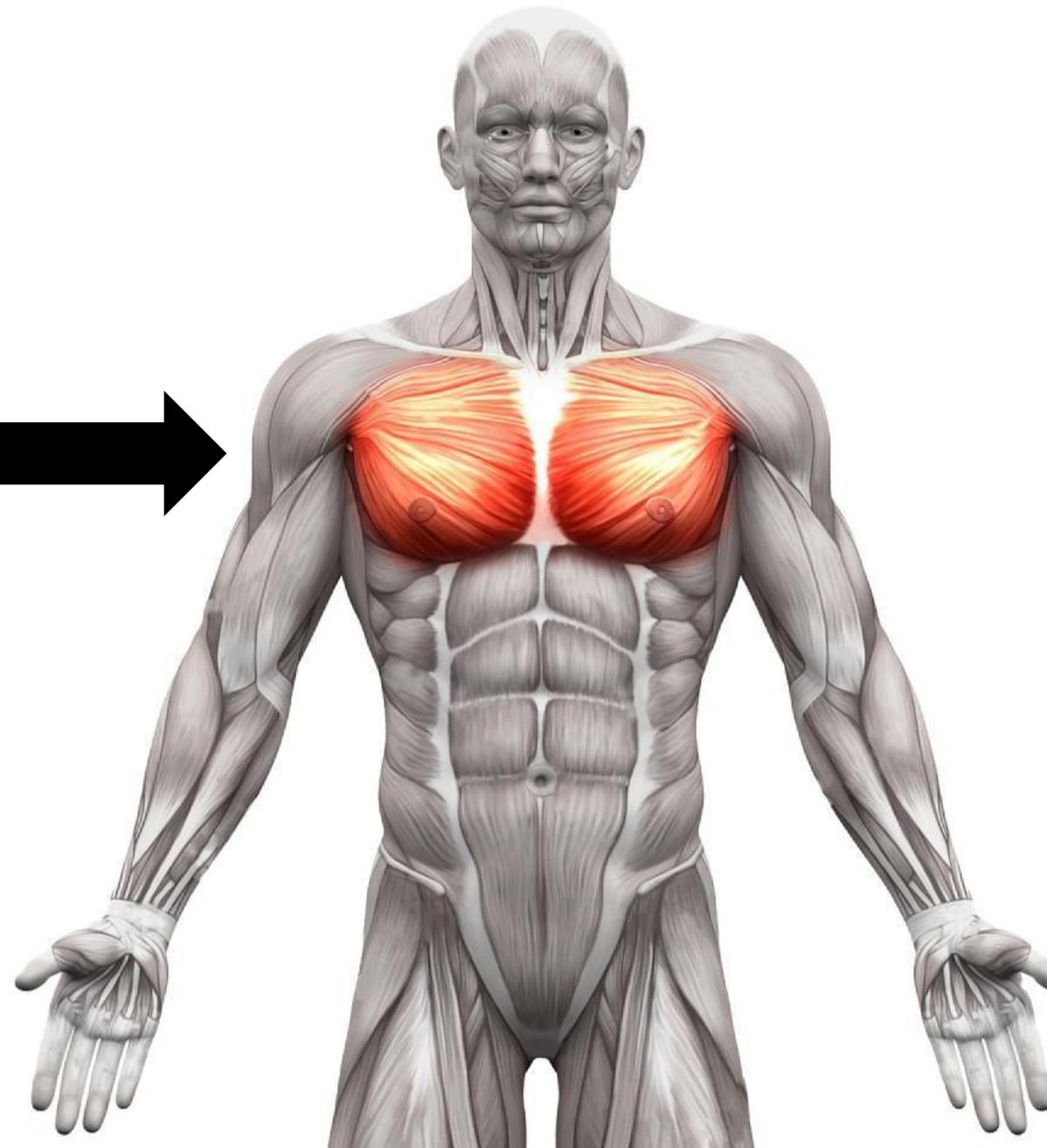
OBLIQUES



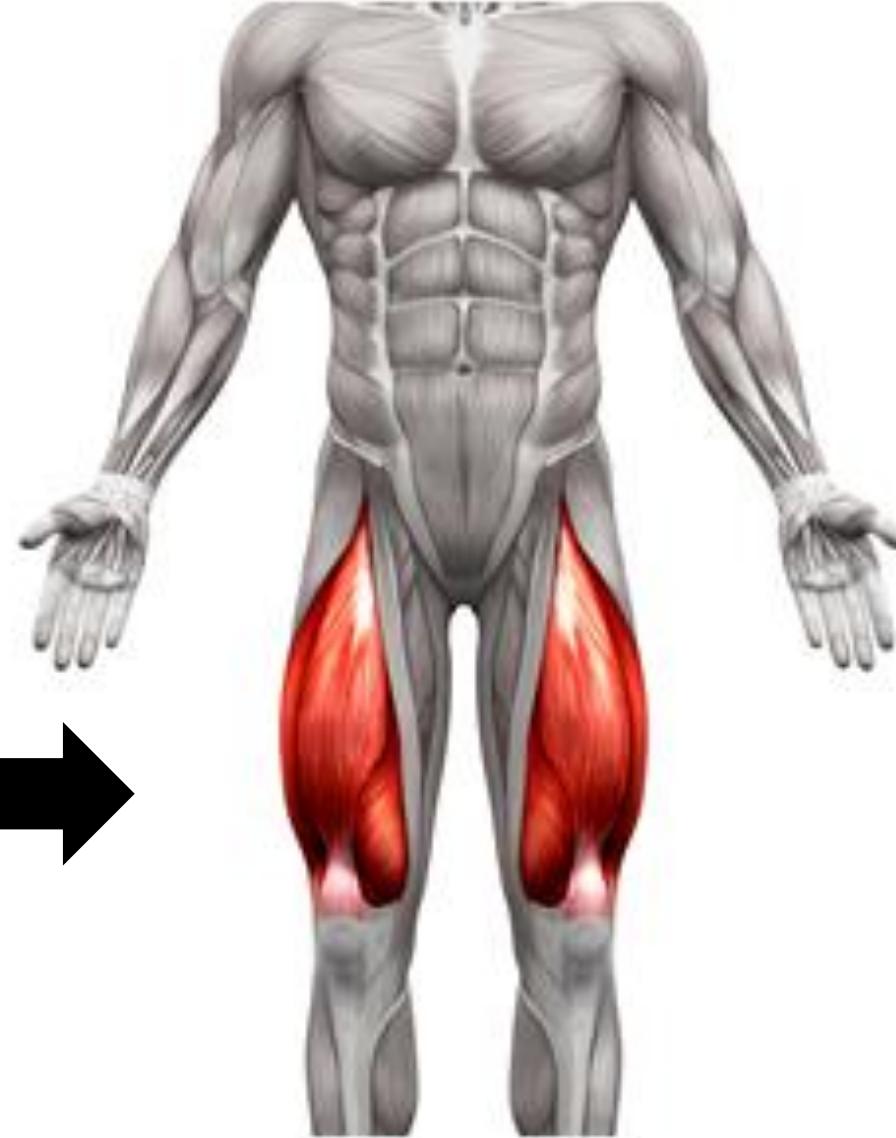
TRAPEZIUS/TRAPS



PECTORALIS



QUADRICEPS/ QUADS



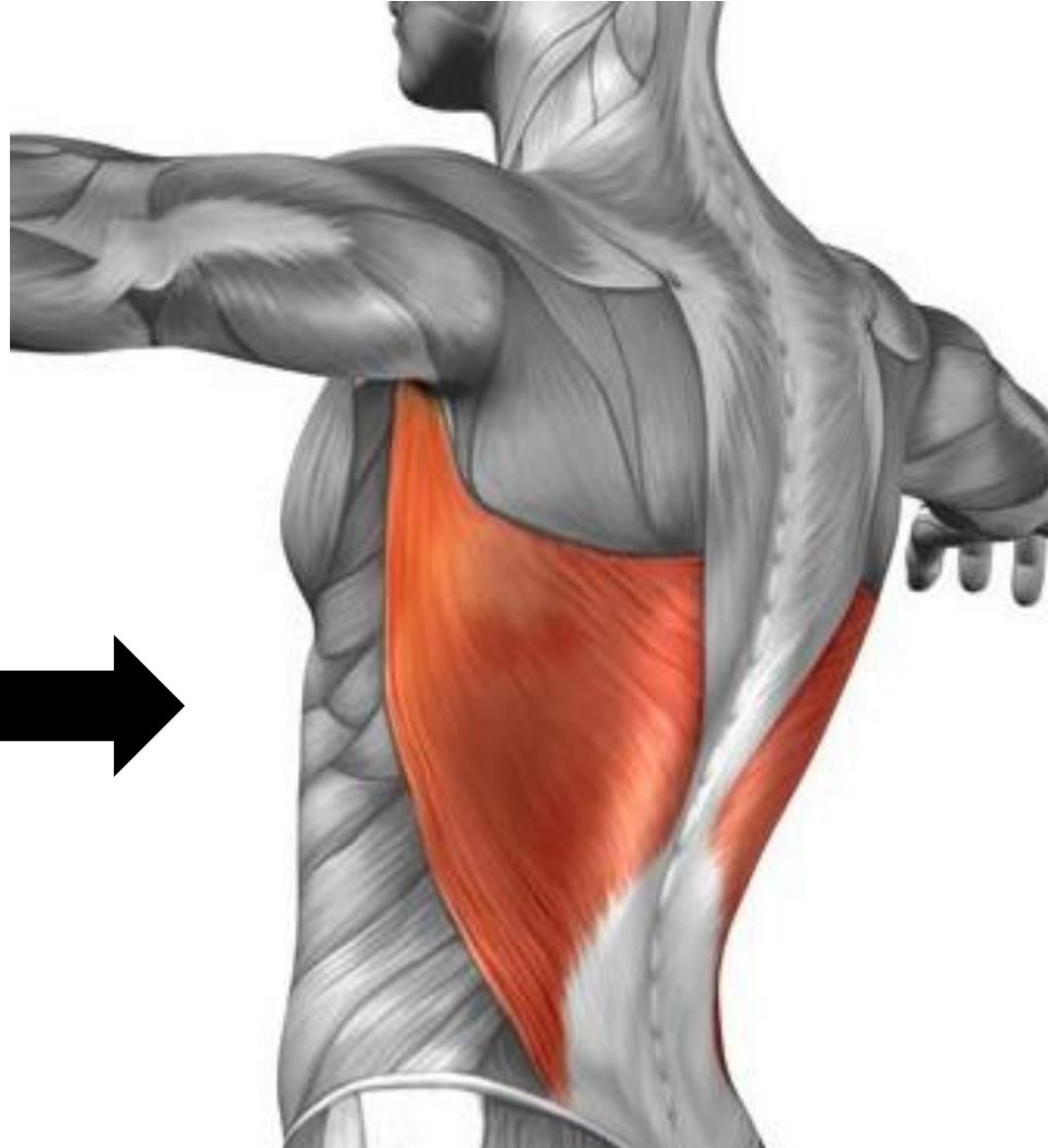


HAMSTRINGS

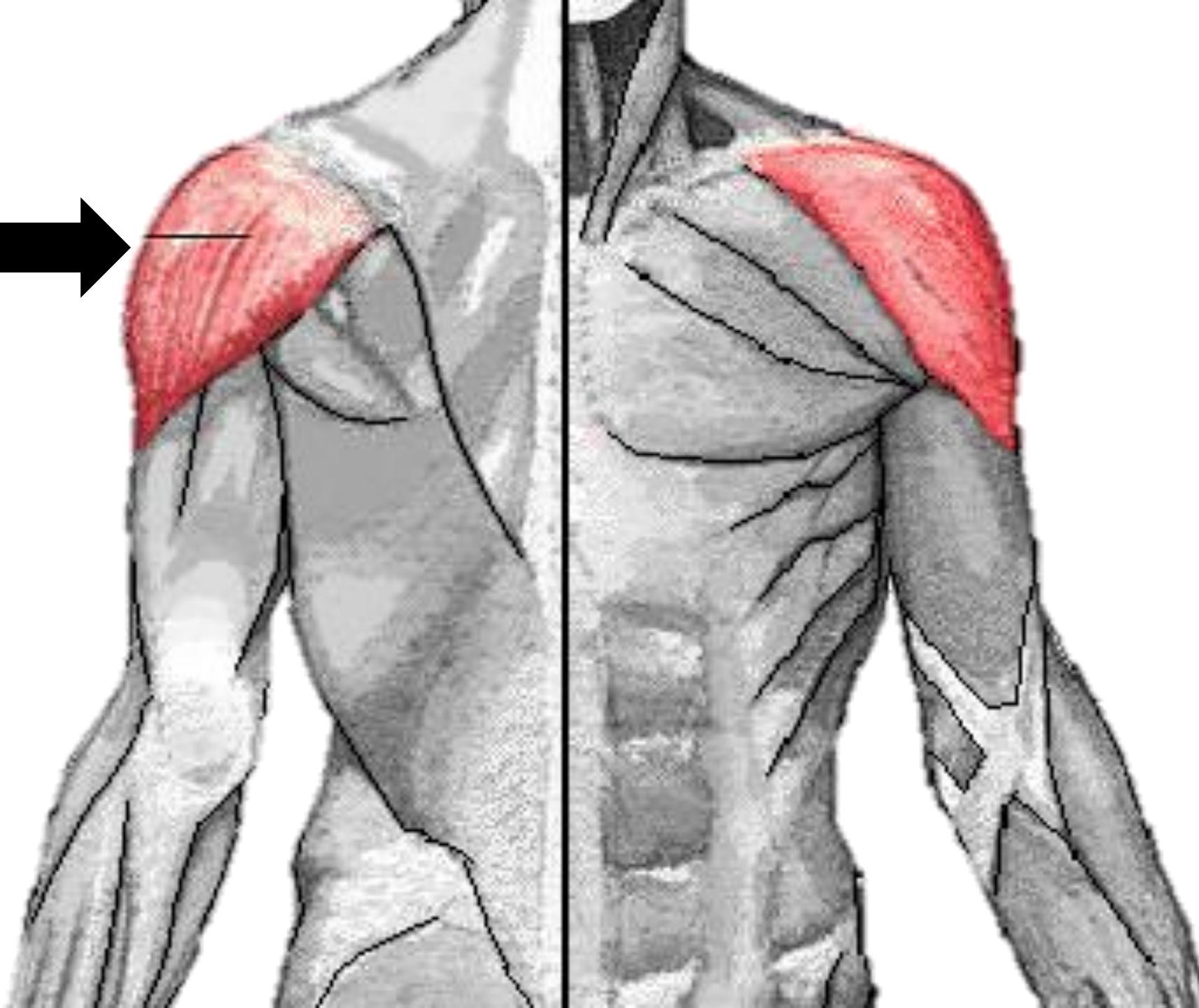
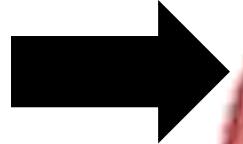


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LATS



DELTOIDS



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CALVES 

