

Fitness for Life

Chapter 10 – Chapter review

1. flexibility in the body's joints is essential for good health, wellness, and efficient, effective functioning.
2. The amount of movement you can make at a joint is called your Range of motion.
3. Exercises that involve moving beyond your range of motion are stretching.
4. Doing ROM will help you maintain movement ability in your joints.
5. A PNF involves contracting, then relaxing the muscle before your stretch it.
6. Static stretching is stretching slowly as far as you can without pain, then holding the stretch for several seconds.
7. Gentle bouncing motions are part of Ballistic stretches.

Next to each number, write the letter of the best answer.

- |                  |   |   |
|------------------|---|---|
| 8. hypermobility | a | pain in the front of the shins  |
| 9. arthritis     | b | place where bones come together   |
| 10. joint        | c | looseness of the joints   |
| 11. laxity       | d | the ability to extend the knee, elbow, thumb, or wrist joint past a straight line |
| 12. shinsplints  | e | disease in which joints are inflamed  |

13. Why do you have to be especially careful when a partner helps you stretch?

So you don't go too far hyper (extending joints)

14. Why should you do some mild cardiovascular exercise before stretching?

to warm up the muscles.

15. What are the two main kinds of exercise that increase flexibility?

Tueching toes, firm stretches  
static and ballistic