

## Flexibility Pre-Assessment Guide

**Matching:** Match the vocabulary word on the left to the best definition listed on the right. Record your answers in the space provided.

Name: \_\_\_\_\_

Period \_\_\_\_\_

- |       |   |                      |    |   |
|-------|---|----------------------|----|---|
| _____ | 1 | Ballistic stretching | a. | Prevents post exercise soreness.  |
| _____ | 2 | Static stretching    | b. | Bouncing stretches that can cause injury.   |
| _____ | 3 | Flexibility          | c. | Slow passive stretching.  |
| _____ | 4 | Time                 | d. | Range of motion around any given joint.   |
| _____ | 5 | Frequency            | e. | Prepares the body for exercise by stretching and warming the muscle fibers.                             |
| _____ | 6 | Warm-up              | f. | Hold each stretch position for 10-15 seconds and spend 5-10 minutes stretching the large muscle groups. |
| _____ | 7 | Cool-down            | g. | Daily and before and after exercise.  |
| _____ | 8 | Intensity            | h. | Stretch a muscle beyond its normal length.  |
| _____ | 9 | Type                 | i. | The kind of exercises that increase flexibility and are used for warm up/cool down activities.          |