Week 5 – Lesson 1 – Training Methods: Flexibility

**INFORMATION SHEET**

What is Flexibility?

Flexibility is a physical (health related) component of fitness. Flexibility is defined as the range of motion at a joint. This relates to all joints of the body; the ability to move a joint fluidly through its complete range of movement.



How do you train/increase Flexibility?

**Static Stretching:** (<https://www.youtube.com/watch?v=7FCNFuyyWTA>)

* 10-20 seconds
* Performed slowly – to the limit of the joints range of movement
* More beneficial after exercise (warm-down)
* Two types; Active & Passive



**Static Stretching – Active: - - - - - - - - - - - - - - (Example 🡪)**

* On your own
* Apply internal force (yourself) to stretch and lengthen the muscle



**Static Stretching – Passive: - - - - - - - - (Example🡪)**

* With a partner or object
* Partner or object applies force to stretch and lengthen the muscle

**Ballistic Stretching:** (<https://www.youtube.com/watch?v=0zhHwv34Qvo>)

* Fast, jerky movements
* Past the limit of the joints normal range of movement
* Normally bobbing or bouncing movements
* Movement pattern specific to the sport/activity
* High chance of injury if not performed properly or under control



**Proprioceptive Neuromuscular Facilitation (PNF) Stretching:** (<https://www.youtube.com/watch?v=CChTjADq6x8>)

* With a partner
* Three stages
* Stage 1 – Passive stretch (explained, above)
* Stage 2 – Partner pushes against you while push back (contracting muscle)
* Stage 3 – Passive stretch further







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| **Advantages** | **Disadvantages** |
| * Cheap (no equipment needed)
* Effective method for increasing flexibility
 | * Requires a partner
* Experience of how to perform stretch safely is essential
* High risk of injury if not performed safely
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**Benefits of increased flexibility**

* More energy is created from the muscle fibres (muscles are longer)
* Improved posture
* Movements are more efficient
* Reduced risk of injury





