

Physical Education

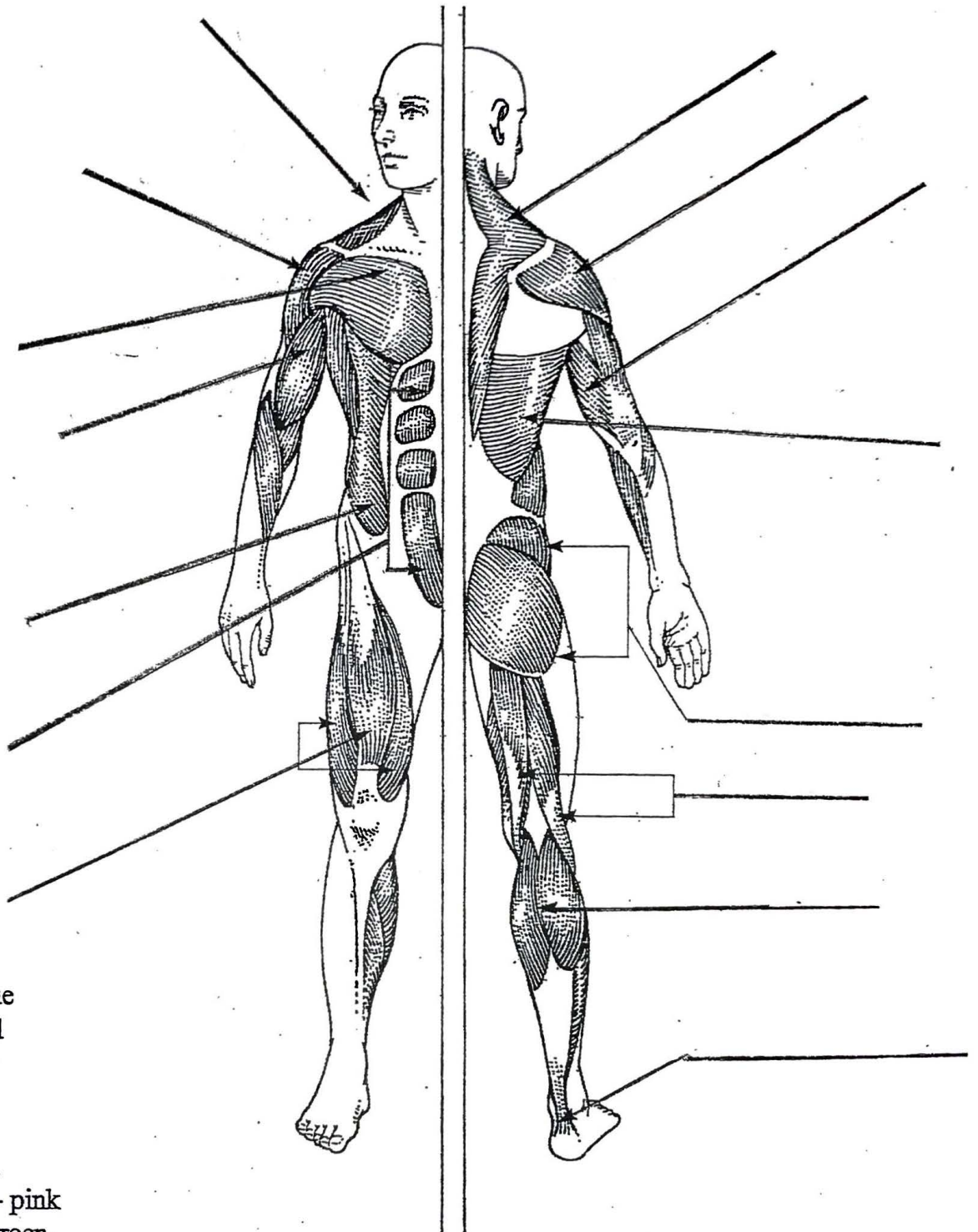
Major Muscle Groups

Name: _____

Date: _____

Period: _____

Label each muscle and color it according to the color key.



- Trapezius – light blue
- Achilles tendon - red
- Quadriceps - yellow
- Deltoids - black
- Calf muscle - gray
- Triceps – light green
- Rectus abdominals - pink
- Hamstrings – dark green
- Latissimus Dorsi – light orange
- Gluteals - brown
- Oblique abdominals – light purple
- Pectorals – dark orange
- Biceps – dark purple

Physical Education

Major Muscle Groups

Chapter 10 L1 Pages 155 – 166

Name: _____

Date: _____

Period: _____

Overview:

Benefits of good flexibility

1. Improved function
2. Improved health and wellness

Characteristics of Flexibility

1. Body Build and Flexibility
2. Hypermobility
3. Joint Laxity

Fitness Principals and Flexibility

1. Principle of overload
2. Principle of progression
3. Principle of Specificity
4. Marinating Flexibility

What is Flexibility?

_____ is the ability to _____ your _____ through a full _____ of _____ (_____). A _____ is a place where _____ come _____. The best known joints include the ankles, knees, and hips in the leg; the _____, wrist, elbows and shoulders in the arms; and the joints between the _____ in the _____. Some _____, such as the _____ and _____, work like a _____ permitting movement in only _____ directions. Other joints, such as the _____ and _____, work like a _____ and _____, allowing movement in _____. R_____ of _____ (ROM) is the amount of _____ you can _____ in a joint.

Benefits of Good Flexibility

_____ is sometimes referred to as the _____ part of _____-related fitness. This is because most people tend to focus on the other parts of health related fitness to the _____ of _____. We know, however that having good _____ has many health _____, both when you are young and when you _____ older. Some of these benefits are described here.

Improved Function

Everyone needs a minimum amount of _____ to maintain _____ and _____, and some people need additional flexibility. For example, dancers and _____ must be very _____ to _____ their routines; plumbers, painters, and dentists often need to _____ and _____; and some musicians need very flexible _____ and wrists. _____ is important to many _____ because it allows a longer backswing in _____ and striking movements. A long backswing allows a faster _____ swing. In the case of weight lifting, shot put, and some other sports, the greater backward _____, producing more _____.

Improves Health and Wellness

_____ exercises can help prevent _____ and muscle _____ and have a beneficial effect on a number of conditions. For example, _____ musicians are less likely to have _____ in the joints. Stretching exercises can often _____ menstrual _____ in women. They can prevent or provide relief from _____ in shin splints (pain in the front of the shin caused by _____). Stretching _____ muscles helps improve _____, which helps prevent or relieve _____ and reduces _____. Stretching a muscle can help it _____.

Characteristics of Flexibility

Just as _____ and other factors influence your _____ in sports and recreational activities, similar factors influence your _____.

Body Build and Flexibility

Some people are not able to score well on _____ tests as others no matter how much they stretch. _____ differences in our bodies help determine what we can and cannot do. Rather than _____ your scores on _____ tests with those of others, compare you scores with _____ previous scores and seek to _____.

Can short people touch their toes more easily than tall people can? In most cases this is _____ true because a shorter person does tend to have relatively _____ legs and _____ but also tends to have short _____ (although there are exceptions). In contrast, a tall person tends to have longer legs and trunk, as well as longer arms. There are people who have exceptionally long arms or legs whose body build may make it easier for them to score _____ or not so well on _____ tests, but this is the exception, not the _____.

Generally, _____ tend to be more _____ than males. Also, younger people tend to be more _____ than _____ people. As people grow older, their _____ typically grow _____ because they are used _____, and their _____ allow less movement because of conditions such as _____. One important reason for doing regular _____ when you are young is to reduce the _____ on joint _____ as you get older. Good _____ enhances _____ in a variety of tasks for people of all ages.

Hypermobility

Some people have _____ of _____ in certain joints, and people often refer to them as being _____ jointed. This condition is called _____, the ability to _____ the knee, elbow, thumb, or wrist joint past a _____ line, as if the joint could bend _____. _____ is usually an _____ trait and tends to be more common in some groups than others. Some people who have _____ joints are prone to joint _____ and may be more likely to develop _____, a disease in which the _____ become _____. For the most part, however, those with hypermobile _____ do not have problems, other than a slight disadvantage in some _____. For example, when doing the push up exercise, the elbows of a _____ person might easily _____ when the arms straighten, making it difficult to unlock the elbows to begin the _____ movement.

Joint Laxity

When the supporting _____ around a joint allows the bones to move in ways others than intended, it is described as _____, or _____. Laxity occurs when the _____ around the joint are _____, most likely from _____ or _____ exercise. If laxity occurs in a _____ joint, it may lead to knee sprains and torn _____ or a _____ kneecap. _____ be strengthened by doing exercises. However, _____ the _____ around the _____, can help reduce _____. In addition to the reasons described in the previous section, joint _____ is another cause of _____.

Balancing Strength and Flexibility

You should do _____ and _____ exercises _____. Everyone needs strong _____, but exclusive use of strength exercised can lead to a loss of normal range of motion and a condition sometimes called being _____ - _____. On the other hand, if you only do _____ exercises, then you joints may become susceptible to _____ because you need strong _____ to reinforce the _____ that hold the _____.

A _____ exercise program includes both _____ and _____ exercises for all you muscles so that they can apply equal force on all sides of a _____. People commonly use the _____ (muscles on the _____ of the _____ a great deal because many daily activities emphasize the use of those _____. For example, the majority of people have strong _____ muscles (on the _____ of the arm), _____ muscles (on the front of the _____), and _____ muscles (on the front of the _____). The _____ of these strong muscles results in the body _____ forward. To avoid becoming permanently hunched over, you need to make certain that these strong, _____ muscles on the front of the body get _____. At the same time, you _____ strengthen the weak, long, relatively _____ on the _____ of the body.

Are there any muscles that do not need stretching? For most people, the answer is _____. For example, most people eventually begin to develop a _____ - or of posture often called _____ at some point in life. Because the upper _____ muscles become _____ in people with this postural problem, they should avoid further stretching of those muscles. Another example might be the _____. It is important to keep your _____ muscles strong but most people do not need to stretch them. In fact, if the abdominals are stretched they begin to _____ and the _____ protrudes, leading to poor _____.

Each person must evaluate his or her own _____ to avoid stretching already overstretched muscles and _____ strengthening muscles that are already so strong that they are out of _____ with their opposing muscles. Keeping muscles on _____ sides of a _____ in balance helps them pull with equal _____ in all directions. Such a balance helps _____ your body parts properly, ensuring good _____.

Muscles That Need the Most Stretching

Muscle(s)	Reason for Stretching

Fitness Principles and Flexibility

The principles of _____, _____, and _____ apply to _____, just as they apply to the other components of _____ - related fitness.

Principle of Overload

You need to _____ your muscles _____ than normal to _____ your flexibility. To stretch a muscle, you need to _____ it more than you do in you daily activities. To achieve this kind of stretch, you usually need a _____ greater than you own _____. For example, if you want to stretch your chest muscles, you cannot get an _____ just by pulling your arms back and holding them in that _____. You need _____, such as your own body weight, when you put your arms on either side of a doorframe and lean forward. You can use another _____ part, a _____ to assist in the stretch. Be sure to give feedback when _____ helps you stretch so that he or she can apply the _____ amount of _____.

Principle of Progression

You need to gradually _____ your exercise _____. You can increase flexibility by _____ farther as you gain _____. Up to a point, you can increase progress by gradually _____ the amount of _____, _____, or the number of _____. You can also increase _____ of your flexibility _____. Then you need _____ you have _____.

Principle of Specificity

Flexibility exercises _____ only the specific muscles at the specific joint that you _____ To _____ overall _____, you must stretch _____ the muscles that need stretching.

Once you have reached an acceptable level of _____ for you muscles, you must _____ to move all of your _____ and _____ through this new and improved _____ of _____ on a regular basis. If you do not use the range of motion you have available, in a _____, the muscles will begin to _____ and you will again lose that _____.

Chapter 10 Lesson 2 – Improving Flexibility

The Physical Activity Pyramid

Flexibility in the _____ of the body is essential for good _____ as well as for efficient, effective _____. For best results, you must perform _____ especially designed to improve _____, because other activities may do little to improve it. Selecting activities and including _____ for flexibility from the P _____ A _____ P _____ is the most effective way to improve _____.

Types of Flexibility Exercises

Properly selected exercises can improve your _____ and provide many other _____ such as helping to relieve muscle _____. Range of _____ exercises and stretching exercise are two main types of flexibility exercises.

Range of Motion (ROM) Exercises

The term range of motion exercises (ROM) exercise, usually called ROM exercise, refers to _____ exercises that are used to _____ the range of motion already present in your _____. ROM exercises are probably the _____ type of flexibility exercise to use in a warm-up _____. Some experts think that when you stretch your muscles too much in the warm-up, the _____ are more likely to be _____ in the workout or sport that follows. So ROM exercises, or moderate _____ exercises, are recommended for the _____ - _____. More _____ stretching is necessary to _____ flexibility, but as previously noted, this type of stretching should be done in flexibility workouts when the body is _____ rather than in the warm-up.

If you are as _____ as you need to be, then you should move your _____ to maintain that _____. Without attempting to stretch muscles any _____, it is wise to move all of the joints through their _____ range of motion at least _____ times a week. Every day is even better. For example, if your self assessment scores are in the _____ zone where you wish to _____, then you should regularly exercise to _____ that level of _____.

Stretching Exercise

Where a ROM exercise _____ your current level of flexibility, a stretching exercise is designed to _____ your range of motion by stretching _____ than you're your current range of motion. The _____ types of stretching exercises are _____, and _____.

Static Stretching is stretching _____ as far as you can without _____, until you feel a sense of _____ or _____, then holding the stretch for several seconds. (_____ or more for best results). Done correctly, _____ increases your flexibility and can help you _____. Static stretching exercises are safer than _____ stretching exercises because you are less likely to stretch too _____ and _____ yourself. Static stretching can be especially beneficial for people who have bad _____, previous muscle or joint _____, or _____. Even _____ should perform _____ stretches at the beginning and end of their exercise programs to _____ up and cool _____. By themselves, _____ might not build enough flexibility for an _____, so athletes may need to add _____ and _____ stretches.

PNF stretching (PNF stands for _____) is a stretching technique used by physical and occupational therapists. It has recently become popular among _____. PNF stretching is a variation of _____ stretching that is more _____ for _____ flexibility. A _____ stretch involves _____ the muscle before you stretch it so that you can stretch it _____. Some variations of PNF require a _____ to assist you, but one form is easy for you to use with or without a _____. It is called _____ (_____ - _____ - _____).

