

Human Anatomy & Physiology

Practical 8b – Flexibility

Learning Objectives

- To understand the measurements involved in flexibility
- To perform sit and reach test and gain results for the class
- Perform a training intervention and re-assess your results
- To be able to record data on excel documents accurately and understand the effects of the measurements you have taken.

Determining flexibility

SIT AND REACH

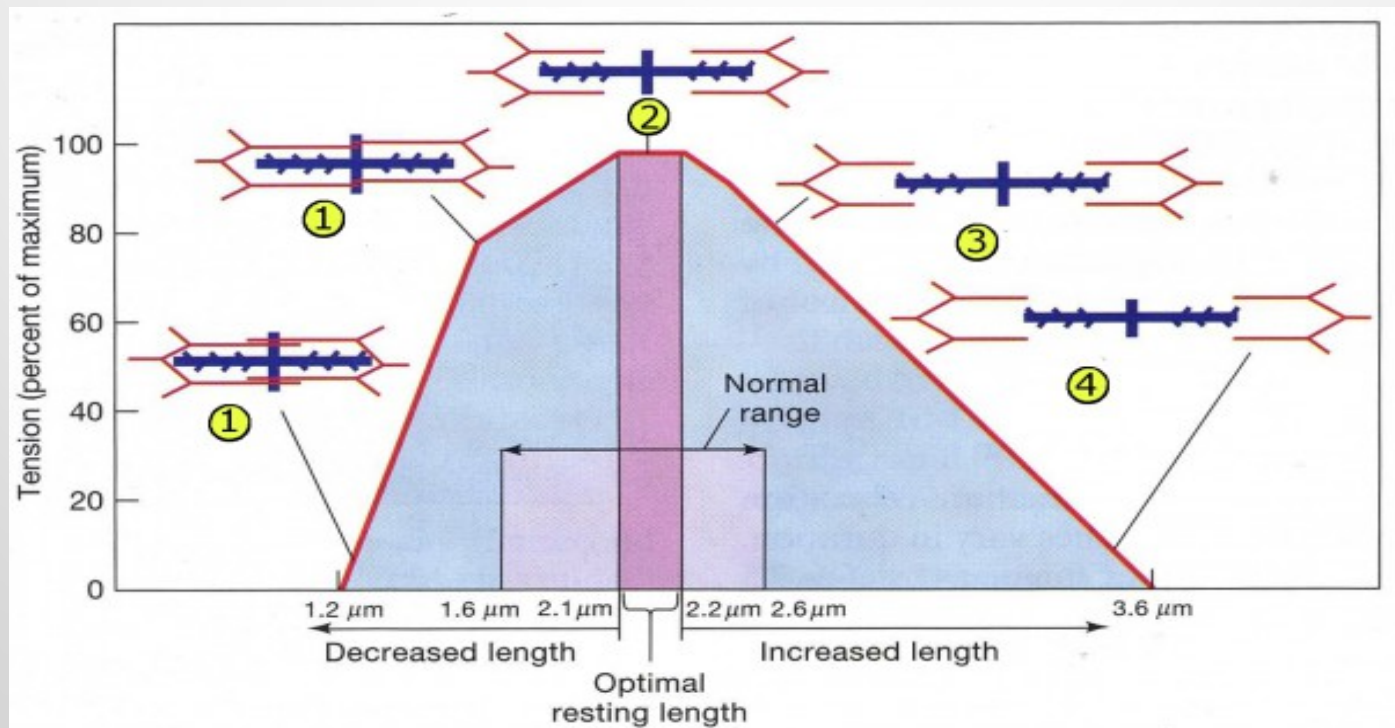
- This test involves sitting on the floor with legs stretched out straight ahead
- Shoes removed and feet flat on surface
- Knees should be locked
- Document the value reached

Flexibility – Normative Data

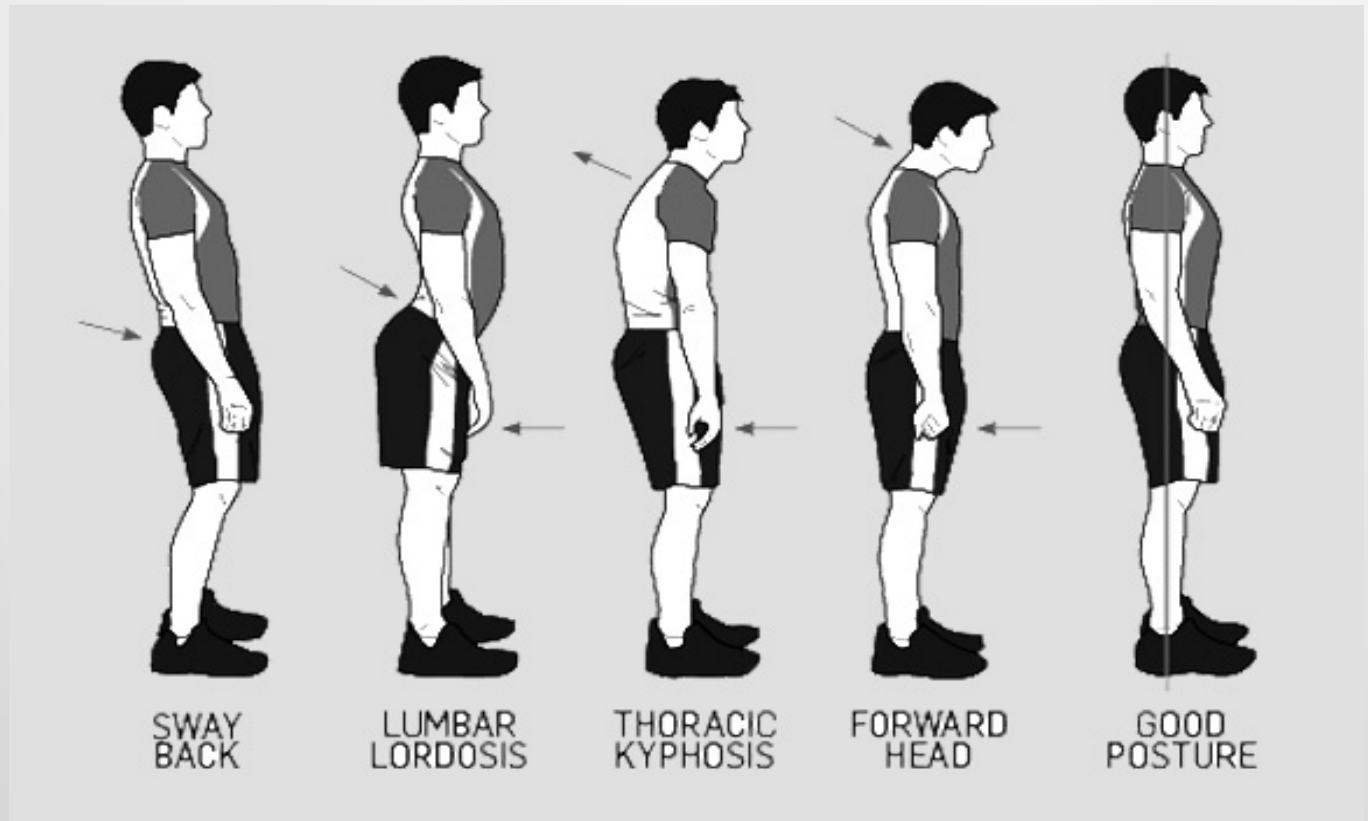
	Men			Women		
	≤ 35	36-49	≥ 50	≤ 35	36-49	≥ 50
Poor	≤ 9.0	≤ 8.0	≤ 8.0	≤ 10.0	≤ 10.0	≤ 8.0
Below average	10.0-13.5	9.0-12.0	9.0-10.0	10.0-14.0	10.0-13.0	9.0-11.0
Average	14.0	12.5	10.5	15.0	14.0	12.0-14.0
Above average	14.5-18.0	13.0-17.0	11.0-15.0	16.0-18.0	15.0-17.0	15.0-16.0
Excellent	≥ 18.0	≥ 17.0	≥ 15.0	≥ 19.0	≥ 18.0	≥ 17.0

Posture

- Ideal alignment
 - No defined template
- The principle



Postural Types



Task

Record all your results on the excel document under a separate
TAB

Take photographs of each other and determine your postural
types.

Discuss some of the potential length tension issues associated
with the different postural types.