Human Anatomy & Physiology Practical – Flexibility

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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.

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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

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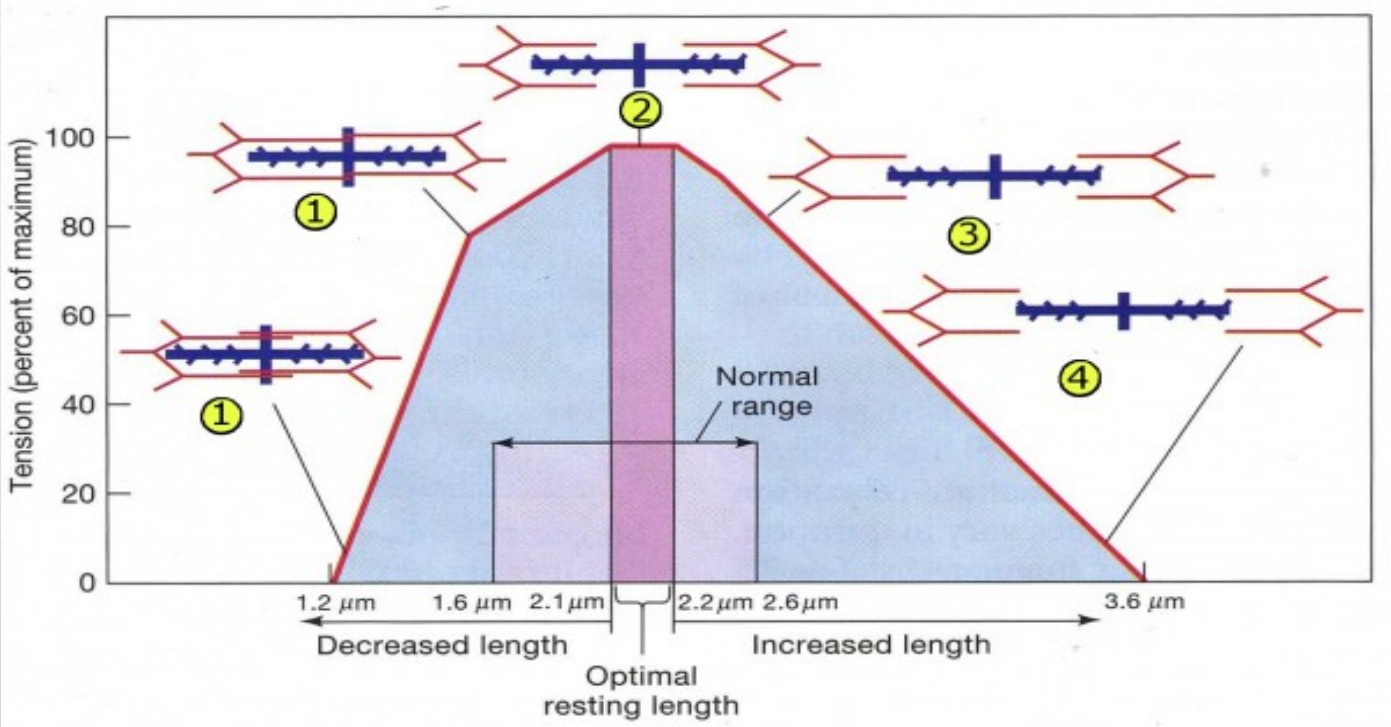
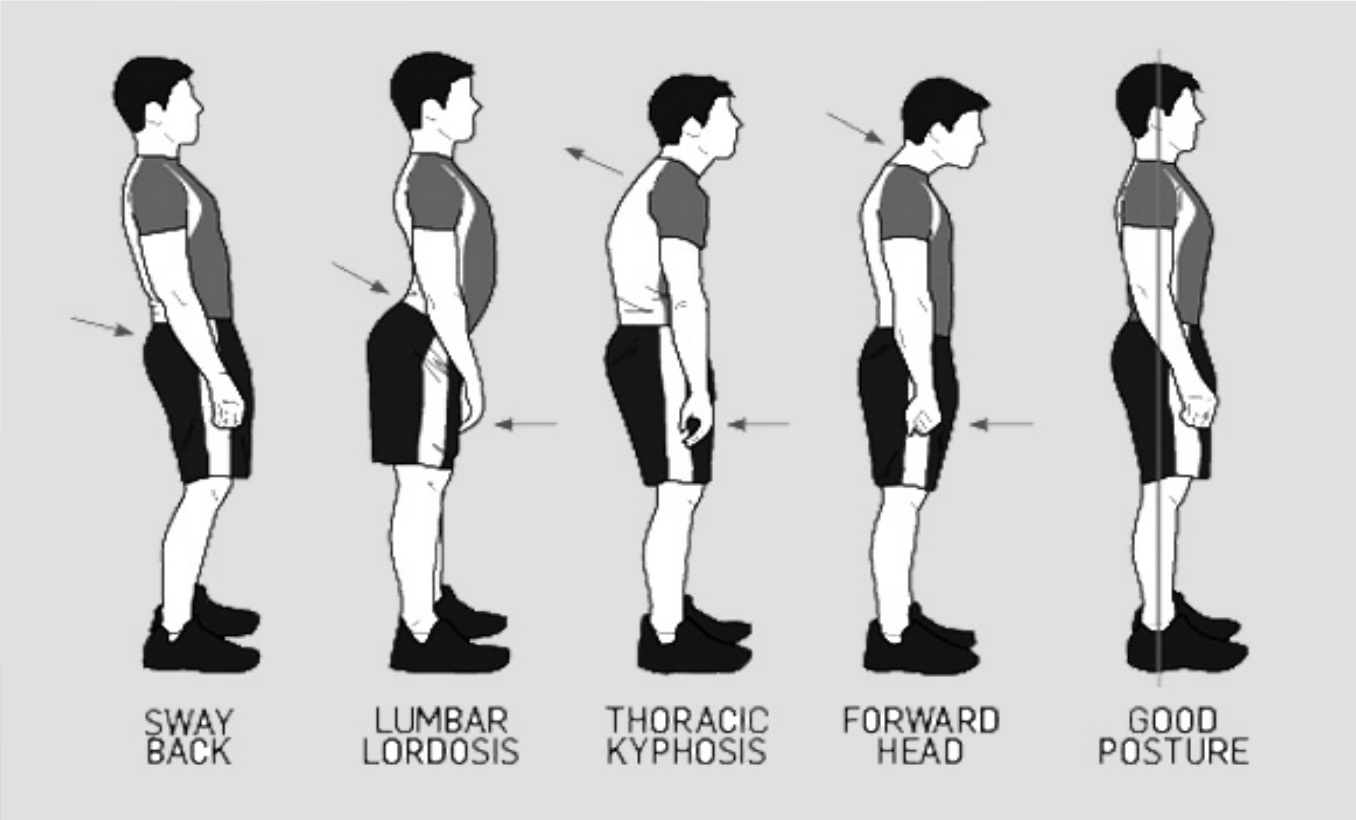
Flexibility – Normative Data

	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.

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