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# NASM Stretching and Flexibility Study Questions And Answers 2023-2024

**Flexibility** - Normal extensibility (ability to stretch) of all soft tissues (contractile and non-contractile) that allow the complete range of motion (ROM) of a joint.

**functional anatomy** - collection of parts that mechanically move and work together to perform tasks.

**Regional Interdependence (RI) model** - expanded the biomechanical model to include a total-body approach that accounts for regions away from the site of dysfunction.

**Flexibility** - having the optimal amount of extensibility in the fascia and muscular systems to adequately perform a physical task.

**Biotensegrity** - The tension and compression elements that describe force vector concepts applied to biology and the human body.

**Mobility** - used to describe joint motion

**Hypermobility** - More than optimal range of motion.

**Hypomobility** - Less than optimal range of motion.

**Stretching** - can improve flexibility and mobility. elongating the soft tissues to improve extensibility.

**Tissue resistance** - The amount of force the fitness professional manually feels (or lack thereof) when passively moving the client's body, region, or limb during assisted stretching.

**Stretch tolerance** - An individual's increased ability to withstand stretching forces from repeated bouts of flexibility training.

**Stretch intolerance** - An individual's decreased ability to withstand stretching forces due to injury or disease.

**DOS** - dynamic oscillatory stretching

Which of the following receptors causes autogenic inhibition in skeletal muscles as a result of tensed collagen - Golgi tendon organs

# Study Guide Questions And Answers Stretching Ourselves

**Laurie Rozakis**



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