

# **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

Hypomobility - 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

**Sarah Mercer, Zoltán Dörnyei**

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