KINE 2320 Introduction to Athletic Training
Fall 2003

Chapter 4: Flexibility Worksheet

1. Using your own words, define each of the following terms:
   a. agonist
   b. antagonist
   c. autogenic inhibition
   d. reciprocal inhibition
   e. dynamic flexibility
   f. static flexibility

2. Define each of the following stretching techniques. Which technique is capable of producing the greatest gains in flexibility over a period of time? Describe the advantages and disadvantages of each.
   a. ballistic
   b. static
   c. PNF
3. What factors can limit flexibility? Which of these limiting factors can be altered to improve flexibility?

4. When assessing active and passive range of motion, which one would you expect to be greater? (example: active ankle dorsiflexion vs. passive ankle dorsiflexion)

5. When performing a biceps curl with a dumbbell, which of the following muscles acts as the agonist and which one acts as the antagonist?

   Biceps _______________________
   Triceps _______________________

6. What is the stretch reflex? Explain the roles of the muscle spindles and the Golgi tendon organs.