

## **Fitness for Life**

### **Chapter Twelve – Flexibility Homework Assignment**

In this self-assessment, you'll evaluate the flexibility in several areas of your body. Use these general directions for the tests that follow. Then score yourself using the flexibility-rating chart.

- Perform each exercise as described and illustrated here.
- Stretch and hold the position for two seconds while a partner checks your performance.
- Score one point for each test for which you meet the standard. Total your score for all tests.
- Determine your rating using the flexibility rating chart. Record your results as directed by your instructor.

You are expected to do these tests in class only once, unless your instructor tells you otherwise. However, you may want to retest yourself periodically. A retest helps you to see progress and can also be used to help set new goals. If you're working with a partner, remember that self-assessment information is personal and considered confidential. It shouldn't be shared with others without the permission of the person being tested.

**Safety tip:** Before taking a flexibility test, do a general warm-up and try each movement two or three times.

#### **1. Arm Lift**

- a. Zero Points - Did not meet the standard (10 inches)
- b. One Point - Met the standard (10 inches)
- c. NA/Injured

#### **2. Zipper (Right Side)**

- a. Zero Points - Did not meet the standard (touching or overlapping fingers)
- b. One Point - Met the standard (touching or overlapping fingers)
- c. NA/Injured

3. Zipper (Left Side)

- a. Zero Points - Did not meet the standard (touching or overlapping fingers)
- b. One Point - Met the standard (touching or overlapping fingers)
- c. NA/Injured

4. Trunk Rotation (Right Side)

- a. Zero Points - Did not meet the standard (touching the center of the target or beyond)
- b. One Point - Met the standard (touching the center of the target or beyond)
- c. NA/Injured

5. Trunk Rotation (Left Side)

- a. Zero Points - Did not meet the standard (touching the center of the target or beyond)
- b. One Point - Met the standard (touching the center of the target or beyond)
- c. NA/Injured

6. Wrap Around (Right Side)

- a. Zero Points - Did not meet the standard (touching the corner of the mouth)
- b. One Point - Met the standard (touching the corner of the mouth)
- c. NA/Injured

7. Wrap Around (Left Side)

- a. Zero Points - Did not meet the standard (touching the corner of the mouth)
- b. One Point - Met the standard (touching the corner of the mouth)
- c. NA/Injured

8. Knee to Chest (Right Side)

- a. Zero Points - Did not meet the standard (thigh and knee against the chest and calf on the floor)
- b. One Point - Met the standard (thigh and knee against the chest and calf on the floor)
- c. NA/Injured

9. Knee to Chest (Left Side)

- a. Zero Points - Did not meet the standard (thigh and knee against the chest and calf on the floor)
- b. One Point - Met the standard (thigh and knee against the chest and calf on the floor)
- c. NA/Injured

10. Ankle Flex (Right Side)

- a. Zero Points - Did not meet the standard (soles angles at 75 degrees or more)
- b. One Point - Met the standard (soles angles at 75 degrees or more)
- c. NA/Injured

11. Ankle Flex (Left Side)

- a. Zero Points - Did not meet the standard (soles angles at 75 degrees or more)
- b. One Point - Met the standard (soles angles at 75 degrees or more)
- c. NA/Injured

12. Total Score (8-11 = Good, 5-7 = Marginal and 0-4 = Low or NA/Injured)

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