



Flexibility Training

This course focuses on the often-neglected fitness component of flexibility. Students establish their fitness level, set goals, and design their own flexibility training program. They study muscular anatomy and learn specific exercises to stretch each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles to flexibility training. This course explores aspects of static, isometric, and dynamic stretching, as well as touch on aspects of yoga and Pilates. This course also discusses good nutrition and effective cross-training. Students conduct fitness assessments and participate in weekly physical activity.

UNIT 1: FITNESS ASSESSMENT

- **Section 1.1: Fitness Assessment**
- **Section 1.2: Getting Started**
- **Section 1.3: Training Plan**

Learning Objectives:

- Explain what area of fitness each test assesses
- Successfully complete a personal self-assessment
- Explain your opinion on the accuracy of fitness assessments
- Describe important tips for beginning an exercise program
- Apply tips for appropriate goal setting
- Analyze your fitness assessment
- Describe important tips for beginning an exercise program
- Apply tips for appropriate goal setting
- Design a personalized exercise program

UNIT 2: PRINCIPLES & TECHNIQUE

- **Section 2.1: Anatomy & Physiology**
- **Section 2.2: Principles of Flexibility Training**
- **Section 2.3: Exercise Safety**

Learning Objectives:

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- List different types of flexibility and stretching
- Explain how anatomy and physiology are a factor in flexibility
- Evaluate and demonstrate proper posture
- Identify and define the FITT principles of flexibility
- Explain the general principles of exercise
- List types of equipment that can be used to improve your flexibility
- Create a poster to effectively promote stretching and flexibility
- Describe general guidelines for safe and effective exercise
- Describe ways to prevent injury
- Explain basic rules of technique while exercising
- Research and analyze effective flexibility training equipment

UNIT 3: TYPES OF FLEXIBILITY TRAINING

- **Section 3.1: Static Stretching**
- **Section 3.2: PNF**
- **Section 3.3: Dynamic Stretching**

Learning Objectives:

- Define passive and static-active stretching
- Explain the difference between these types of stretching
- Perform a stretching workout using both types of stretching
- Define isometric and PNF stretching
- Explain the difference between these two types of stretching
- Evaluate your current workout schedule and determine what needs to be changed
- Define dynamic stretching
- List the guidelines for proper dynamic stretching
- Perform a dynamic stretching routine



UNIT 4: YOGA & PILATES

- **Section 4.1: Types of Yoga**
- **Section 4.2: Yoga Technique**
- **Section 4.3: Pilates**

Learning Objectives:

- Explain the history of yoga
- Describe the benefits of participating in yoga
- Describe the benefits of participating in yoga
- Perform proper yoga exercises and technique
- Explain the history of Pilates
- Describe the benefits of participating in Pilates
- Perform proper Pilates exercise and technique



UNIT 5: CROSS TRAINING & NUTRITION

- **Section 5.1: Benefits & Cross-Training**
- **Section 5.2: Nutrition**

Learning Objectives:

- Explain the importance of cross-training
- Identify a variety of cross-training activities
- Perform a variety of skill and agility activities, including speed drills and plyometrics
- List the food groups outlined by the USDA
- Explain what nutrients each food group provides the body
- Explain the importance of eating a balanced diet
- Analyze your own diet and make steps towards improving your diet

UNIT 6: POST ASSESSMENT

- **Section 6.1: Post Assessment**