

Reteaching Activity 11-3

Directions: Fill in the column below by indicating which of the four basic stretching techniques (static stretching, ballistic stretching, reflex-assisted stretching, or passive stretching) is indicated by the method listed.

Method	Type of Stretching Technique
Hold position for 20 to 30 seconds	
Quickly stretch, then straighten up	
Hold stretch until you feel slight discomfort	
Type of stretching athletes do during a warm up	
Slowly stretch your neck from side to side	
Exercising with a partner	
Allows joints to move more quickly and with more explosive power	
Used primarily to build skill-related fitness	
Short quick motions can increase injury risks	
Can involve the use of a towel or other inanimate object	

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