



# Stretch4Health Questionnaire

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Please circle your answers to the following questions.

1. Stretching is the process of placing particular parts of the body into positions to shorten the muscles.
  - a. True
  - b. False
  
2. When joints are not regularly moved through their full range of motion
  - a. Ligaments shorten
  - b. Muscles shorten
  - c. Flexibility decreases
  - d. All of the above
  
3. It is not important to warm up prior to stretching.
  - a. True
  - b. False
  
4. Sports medicine specialists believe that most musculoskeletal problems and injuries in adults are related to a decrease in flexibility.
  - a. True
  - b. False
  
5. Which is NOT a benefit of stretching?
  - a. Improved range of motion
  - b. Increased muscle soreness
  - c. Improved posture
  - d. Reduced muscle fatigue
  
6. Holding one's breath increases the effectiveness of the stretch.
  - a. True
  - b. False
  
7. An effective warm-up before stretching does all of the following EXCEPT:
  - a. Increases the body's core temperature
  - b. Increases breathing rate
  - c. Decreases heart rate
  - d. Increases blood flow to the muscles

8. A warm-up should be a light activity such as walking, jogging or easy aerobics.
- a. True
  - b. False
9. Examples of static stretching include all EXCEPT:
- a. Isometric
  - b. Passive
  - c. Ballistic
  - d. Active
10. Stretching can be harmful if done incorrectly.
- a. True
  - b. False