



Assessment

A. Directions: Choose the letter of the best answer.

1. It is done by doing gradual stretching activities from upper to lower extremities.
 - A. Strength exercises
 - B. Warm-up exercises
 - C. Flexibility exercises
 - D. Endurance exercises
2. The exercise that specifically prepare the muscles for active contraction is called _____.
 - A. Static stretching
 - B. Strength exercise
 - C. Dynamic stretching
 - D. Endurance exercise
3. Which of the following exercises is more appropriate as cool down exercise?
 - A. Static stretching
 - B. Strength exercise
 - C. Dynamic stretching
 - D. Endurance exercise
4. The following are examples of dynamic stretching, EXCEPT:
 - A. Calf
 - B. Front swings
 - C. Plank walk-outs
 - D. March and Reach
5. Which is NOT an example of static stretching?
 - A. Calf
 - B. Chest
 - C. Upper back
 - D. March and Reach