

# Arizona Peace Officer Standards and Training

## Basic Curriculum Lesson Plan

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**LESSON TITLE: PHYSICAL FITNESS - FLEXIBILITY 8.3**

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SUBJECT: Section 8

AZ POST DESIGNATION: 8.3.8

HOURS: 2

INSTRUCTOR TO STUDENT RATIO:

COURSE CONTENT: A basic overview of the importance of improving flexibility to increase range of motion to generate power and minimize injury. Safe and effective stretches are also demonstrated in this course.

PERFORMANCE OBJECTIVES: Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will be able to:

8.3.8.1. Define reasons to maintain or improve flexibility.

8.3.8.2. Identify the purpose of static stretching.

8.3.8.3. Identify the purpose of active stretching.

8.3.8.4. Define Proprioceptive Neuromuscular Facilitation (PNF).

8.3.8.5. Demonstrate safe and effective stretching.

DATE FIRST PREPARED: September 2004  
PREPARED BY: Lt. Angela Kwan, Phoenix P.D.  
REVIEWED – **REVISED**: AZPOST (DocX) DATE: April 2022  
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AZ POST – APPROVAL: Richard Watling DATE: October 2004  
AZ POST – APPROVAL: Lori Wait DATE: April 2022

LIST ANY PREREQUISITES:

LEAD INSTRUCTOR:

BACK-UP INSTRUCTOR(S):

INSTRUCTOR REFERENCES: Physical Fitness Specialist Course Manual compiled by the Cooper Institute of Aerobic Research, Dallas, Texas. Revised 2004.  
Stretching Handbook by Bob Anderson, 2001.

CLASS LEVEL: Instructor

TRAINING AIDS: Computer-aided slides on PowerPoint software, handouts and stretch strap or large towel (to demonstrate PNF stretch).

INSTRUCTIONAL STRATEGY: Instructional objectives will be obtained through the use of lecture, reading assignments, instructor demonstration and group participation.

SUCCESS CRITERIA: Success in this functional area will be demonstrated through the attainment of a 100% passing grade on a written objective examination comprising short answer/essay questions.

COMPUTER FILE NAME: 8.3.8 Sec 8 Flexibility

DATE RELEASED TO THE SHARE FILE: May 27, 2022

**I. INTRODUCTION**

- A. Instructor(s) – (self) introduction.
- B. Preview of performance objectives.
- C. The group will participate in stretching led by the instructor.
- D. Students will take turns teaching a group-led stretching routine.

**II. STRETCHING METHODS**

- A. Passive static: (Most common type of stretching. Static stretches handout.)
  - 1. Low force.
  - 2. Long duration.
  - 3. Causes little muscle soreness.
  - 4. Uses less tension and resistance.
  - 5. Increases range of motion (ROM).
  - 6. Slow, gradual through ROM; hold in a static position.
  - 7. Hold 10-30 seconds; repeat three (3) to four (4) times.
  - 8. Maintain normal breathing.
  - 9. Should not be exhaustive or painful.
- B. Active static: (For example, warmont up a golf swing.)
  - 1. Muscular forces used through ROM.
  - 2. Hold for 10-20 seconds; repeat three (3) to four (4) times.
  - 3. Use slow, controlled stretching with held positions.
- C. Proprioceptive Neuromuscular Facilitation (PNF).
  - 1. Stretch reflex:
    - a. A protective, involuntary nerve reaction that causes muscles to contract in

response to the initial sudden increase in muscle length.

- b. This basic function of the muscle spindle helps to maintain muscle tone and to protect the body from injury.
  - c. A PNF stretch can train or “trick” the spindle to stretch beyond its normal length.
2. Three (3) types of PNF – slow reversal hold, hold relax and contract relax. (PNF handout.)
  3. Alternating contraction and relaxation of the stretched muscle and antagonist muscle.
  4. Use of a partner or stretching band.
  5. May cause more muscle soreness; use cautiously.
- D. Ballistic: (Not recommended,)
1. Bouncing, jerking and/or bobbing at a high force.
  2. May be used in ballistic sports such as karate.
  3. Greater risk of injury.

### **III. REASONS TO STRETCH**

- A. Increase muscle suppleness.
- B. Decrease muscle soreness.
- C. Increase blood circulation.
- D. Increased agility.
- E. Improved functional flexibility.
- F. Injury prevention.
- G. Injury rehabilitation.

### **IV. WHEN TO STRETCH**

- A. Prior to exercise during the warm up.
- B. After exercise when the muscle is at its longest length.

- C. Early morning, everyday (do not stretch a cold muscle).
- D. A static or passive stretch can be done every day.
- E. A PNF stretch can be done every other day.

**V. HOW TO STRETCH**

- A. Should be safe and practical to avoid injury.
- B. Gradually warm up the muscles.
- C. Move into the stretch slowly.
- D. Hold for 10 or more seconds.
- E. Relax the muscle while stretching.
- F. Release slowly.
- G. Stretch each major muscle group.
- H. Do not stretch to the point of pain, only resistance.
- I. Do not hyper-extend or hyper-flex the joints.
- J. Do not practice contraindicated stretches. (Handout.)

**VI. GROUP ACTIVITY**

- A. The instructor will demonstrate the PNF stretch.
- B. Students will demonstrate static stretches. (Instructor development.)

**VII. CONCLUSION**

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).