E3304
Stretching At Work

QUIZ
STRETCHING AT WORK
Comprehension Assessment

Name ___________________________________ Date __________________

Circle the letter which represents the best answer

1. The benefits of a warmed-up muscle include the following:
   a. Reduced fatigue
   b. Less discomfort
   c. Lower risk of injury
   d. All of the above

2. A pitcher warms up before each inning to accomplish the following:
   a. Bring oxygen and blood to the working muscles.
   b. Improve performance
   c. Reduce risk of injury
   d. All of the above

3. A brief stretch, like a blink or a breath, can be easily performed throughout the day.
   a. True
   b. False

4. The main reason people don’t stretch is because:
   a. It’s too hard to do.
   b. There isn’t enough time.
   c. It’s not a habit.
   d. All of the above

5. Which of the following principles are important when stretching:
   a. Bounce/Hold your breathe
   b. No pain/Hold for 10 seconds/Breathe normally
   c. Close your eyes/Breathe rapidly/Slight pain
   d. None of the above

6. A preparation stretch is done to get your muscles ready to perform work.
   a. True
   b. False
7. A compensation stretch is done.....
   a. To help you work faster.
   b. To help your muscles recover from work.
   c. To warm-up your muscles.
   d. All of the above.

8. A reason muscles fatigue during work is because:
   a. They were moving too fast.
   b. They are too big.
   c. They have used up the available oxygen.
   d. They aren’t coordinated.
**Answer Key:**

1. D
2. D
3. A
4. C
5. B
6. A
7. B
8. C