

SSC Fitness Instructor Course Practical Examination

Flexibility Station



1. You will be given a maximum of 15 minutes to explain and demonstrate 5 flexibility exercises and their alternatives.
2. Please refer to the marks allocation for each of the 5 exercises below.
3. The list of exercises below or their variations (if students prefer to perform otherwise; the stretch is effective and safety is not compromised) are testable.
4. Refer to sample exam answer for the level of competency expected for this professional certification.

Name of Exercise	Identify static stretch	1
Muscles	Identify	1
Technique/Form	Explanation (before)	2
	Explanation (during)	2
	Explanation (after)	2
	Demonstration	5
Safety	2 Safety Precautions	2
	Demo dynamic alternative	2
Alternative	Demo static alternative	3
		20

Name of Exercise	Muscles	Technique/Form (Explain & demonstrate)	Suggested Safety Precautions (Include rationale)
Lying / Standing abdominal stretch	Rectus abdominis	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Stand up slowly from lying position. Avoid hyperextension of the back. Avoid ballistic movement.
Hip Adductor stretch (Seated / standing)	Adductor longus Adductor brevis Adductor magnus	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Avoid ballistic movement. Avoid lumbar flexion. Avoid extreme range of motion
Chest Stretch (Stand / seated / partner / equipment)	Pectoralis major Anterior deltoids	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain shoulder stability through exercise. Avoid extreme range of motion. Avoid ballistic movement.
Arm Flexors Stretch (Stand / seated)	Biceps brachii Wrist flexors	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Check for contraindication prior to executing this exercise. Exercise care with putting weight on arm. Maintain balance.
Back Stretch (Lying/seated/stand)	Erector spinae Multifidus	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Check for contraindication prior to executing this exercise. Avoid hyperextension of the back and neck. Stand up slowly from lying position (where applicable).
Standing gastrocnemius stretch	Gastrocnemius	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain balance. Avoid hyperextension of the back. Avoid ballistic movement.
Prone gastrocnemius stretch	Gastrocnemius	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain balance. Maintain proper shoulder and back alignment. Check for contraindication prior to executing this exercise.
Prone Soleus stretch	Soleus	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain balance. Maintain proper shoulder and back alignment. Check for contraindication prior to executing this exercise.
Standing soleus stretch	Soleus	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain balance. Avoid hyperextension of the back. Avoid ballistic movement.

Name of Exercise	Muscles	Technique/Form (Explain & demonstrate)	Suggested Safety Precautions (Include rationale)
Gluteus medius stretch (seated / lying)	Gluteus medius	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Check for contraindication prior to executing this exercise. Stand up slowly from lying position (where applicable). Maintain proper body alignment.
Gluteus Maximus stretch (seated / lying)	Gluteus Maximus	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Check for contraindication prior to executing this exercise. Stand up slowly from lying position (where applicable). Maintain proper body alignment.
ITB Stretch (standing / lying)	Iliotibial band Tensor face latae	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain balance at all times. Stand up slowly from lying position (where applicable). Avoid extreme range of motion.
Hamstrings Stretch (Stand / lying / seated)	Hamstrings Gluteus maximus	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Avoid ballistic or extraneous movement. Avoid lumbar flexion. Avoid extreme range of motion.
Hip flexor stretch (kneel / equipment)	Rectus femoris Iliacus Psoas major	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Avoid ballistic or extraneous movement. Avoid lumbar flexion. Maintain proper body alignment.
Latissimus stretch Lower trapezius stretch (Stand / equipment)	Latissimus dorsi Lower trapezius	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Check for contraindication prior to executing this exercise. Maintain balance at all times. Return to starting position slowly.
Quadriceps stretch (Stand / lying)	Quadriceps	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Check for contraindication prior to executing this exercise. Maintain balance at all times (where applicable). Avoid hyperextension of the back.
Shin stretch (Seated / Standing)	Tibialis anterior	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Avoid hyperextension of the back. Exercise care when putting weight on the joints. Maintain balance.
Upper trapezius stretch (Seated / stand)	Upper trapezius	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Maintain breathing when executing this exercise. When returning head to original position, move slowly. Avoid ballistic movement.
Middle Trap. stretch Post. deltoid stretch (Stand / seated / equipment)	Middle trapezius Posterior deltoid	Form /Technique getting into stretch Form /Technique during execution Form /Technique getting out of stretch	Stabilise with immovable objects (where applicable). Maintain shoulder stability through exercise. Check for contraindication prior to executing this exercise.