**Writing Tasks**

*1. The article below has been altered.* ***Correct the mistakes*** *or the language in* ***Italics****, try and make the article sound* ***more formal*** *in its written style.*

Introduction
Flexibility is a meaningful component of fitness. However, *we also need it to do things everyday*. In order to improve one's flexibility or range of motion, *people say it is good for* an individual to perform some type of stretching routine. Many people *are stretching* before or after engaging in a workout. Usually the purpose is to reduce risk of injury, to improve athletic performance, or to *lower how* *sore muscles get*.

*One thing that people don’t agree on* that exists concerning stretching is not why, but when, it should be done. Muscles and connective tissues should be more responsive to stretching exercises when they are *done* after the *long, tiring* part of a workout. *How hot muscles are* are at their highest, stiffness decreases, and extensibility increases. Because of the increase in muscle temperatures, stretching is safest and most productive during the cool down phase. *Stretch* after this endurance phase also *makes sure the muscle relaxes*, *makes the blood flow better* to the joints and surrounding tissues, and removes unwanted waste products, thus *goes down the* muscle stiffness and soreness.

*We did a six week study* *to try and look at* static stretching placed before, after, and before and after an exercise session to *try and find out* which placement produced the greatest gains in how *flexible muscles are*. Although the study *was revealing* that improvements can be made with a static stretching program, no *big enough* differences among the 3 experimental groups were *finded*. In another study, subjects *had been performing* static stretching either before or after jogging. How *strong the jogging happened* was not controlled. Both the stretching before jogging and the stretching after jogging groups *went up* their flexibility in several areas, but differences between the 2 groups were *really quite different.*

 (adapted from Beedle et al, Journal of Strength and Conditioning Research, Aug 2007)

*2. Write* ***1-2 paragraphs*** *outlining and justifying your choice of* ***study design****, and how you will* ***collect your data*** *in your research project.*