

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.