My Mobility Game Plan

Your goal as an athlete is to move effectively to maximize performance and to avoid injury. Too often athletes do not focus on their movement until they are dealing with restrictions or an injury. This game plan will help you to be the best that you can be!

*Step #1 – Determine issues that I have in terms of mobility

*Functional Movement Screen (FMS)
*Personal Flexibility Assessment (PFA)
Mobility Issues Common in Your Sport

*Step #2 – Create a stretching program that will address issues determined in step #1. Could include the following:

  * Dynamic Warm up that targets all the major muscle groups and could be sports specific
  * Cooldown that target all of the major muscle groups and could be sports specific
  * Gray Cook flexibility exercises to address issues identified in the FMS
  * Microstretching targeting areas deemed tight during your PFA
  * Self-Message/Myofascial Release to work on areas deemed tight with your PFA
  * Yoga
  * Physiotherapy
  * Others?

*Step #3 – Journal your progress- what you are doing and why – to move towards better mobility. Include retesting every month.

Step #4 – Have entire Game Plan ready to start next week and to continue throughout the year.

Resources to help you create and implement a game plan:

Chapter 3 “Performance Flexibility” in the textbook High-Performance Sports Conditioning.

Stretch to Win by Ann and Chris Frederick

Athletic Body in Balance by Gray Cook

Functional Training for Sport by Mike Boyle

Core Performance by Mark Verstagen

Others? Remember to use the internet with caution!
How this project will be marked:
Semester Evaluation: The final mark is this class is based on a linear model not a term model. As such, the grade is ongoing; terms 1, 2, and the final exam are not separate.

One objective for the year is to create a workout program that includes a flexibility game plan and to follow that plan to hopefully improve/maintain flexibility and avoid injury. Each Objective is scored on a scale of 4. Students must receive at least Basic on each standard. By the end of the course, if at least a Basic is not achieved on any of the five objectives, the student will be assigned an In Progress, resulting in no credit for Personal Fitness 12.

4 Advanced - Goes beyond what was directly taught by applying evaluations and analysis to similar situations while making inferences and justifications.

3 Proficient - No major errors or omissions regarding any of the information and/or processes (simple or complex) that were directly taught.

2 Basic - No major errors or omissions regarding the simpler details and processes but major errors or omissions regarding the more complex ideas and processes (proficient elements)

1 In Progress - Partial understanding of some of the elements taught

Questions???