

## Course Information Sheet

**Course Title:** Stretching Anatomy, Second Edition

**Course Description:** See inside every stretch as you increase flexibility and improve muscular strength. Expanded, enhanced, and updated, this best-selling course shows you how to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement: it is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also see how a change in position can alter the muscle emphasis. Each exercise describes how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used to aid in recovery from soreness and injury. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 232 pages.

### Learning Objectives:

1. List and describe the major types of stretching and flexibility programs
2. Explain the benefits of stretching
3. Describe the various Levels and recommendations for stretching programs
4. Identify stretches for the neck and the muscles targeted
5. Select variations for neck stretches to increase the stretching benefits
6. List the muscles associated with various neck movements
7. Identify the muscles and associated movements for the shoulders, back and chest
8. Identify stretches for the shoulders, back and chest along with the muscles targeted
9. Describe how to perform a variety of stretches for the shoulders, back and chest
10. Select variations for shoulders, back and chest to increase stretching benefits
11. Identify the muscles and associated movements for the arms, wrists and hands
12. Identify stretches for the arms, wrists and hands along with the muscles targeted
13. Describe how to perform a variety of stretches for the arms, wrists and hands to increase the stretching benefits
14. Identify the muscles and associated movements for the trunk
15. Identify stretches for the trunk along with the muscles targeted
16. Describe how to perform a variety of stretches for the trunk
17. Select variations for trunk stretches for those with low back concerns and/or to increase stretching benefits
18. Identify the muscles and associated movements for the hips, knees and thighs
19. Identify stretches for the hips, knees and thighs along with the muscles targeted
20. Describe how to perform a variety of stretches for the hips, knees and thighs
21. Select variations for the hips, knees and thighs to increase stretching benefits
22. Identify the muscles and associated movements for the feet and calves

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:  
[www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

**Arnold G. Nelson, PhD**, is a professor in the School of Kinesiology at Louisiana State University. A leading researcher on flexibility, he is considered one of the top authorities on the effect of stretching on muscle performance. Nelson is a fellow of the American College of Sports Medicine and earned his PhD in muscle physiology from the University of Texas at Austin. He resides in Baton Rouge, Louisiana.

**Jouko Kokkonen, PhD**, is a professor of exercise science at Brigham Young University in Hawaii. For more than two decades he has taught anatomy, kinesiology, exercise physiology, and athletic conditioning; for more than three decades he has coached track and field. Kokkonen's research has focused on the acute and chronic effects of stretching. He earned his PhD in exercise physiology from Brigham Young University and now resides in Laie, Hawaii, with his wife, Ruthanne.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:  
[www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A