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## **Practical Flexibility Tests for Use in the Health and Fitness Setting**

Rosie M. Garza

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PRACTICAL FLEXIBILITY TESTS FOR USE IN  
THE HEALTH AND FITNESS SETTING

by

ROSIE M. GARZA

RESEARCH PROJECT

Presented to the Faculty of Physical Education  
Division of Behavioral Science and Physical Education  
The University of Texas of the Permian Basin

in Partial Fulfillment

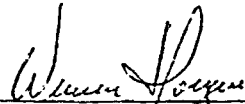
of Requirements

for the Degree of

Master of Arts

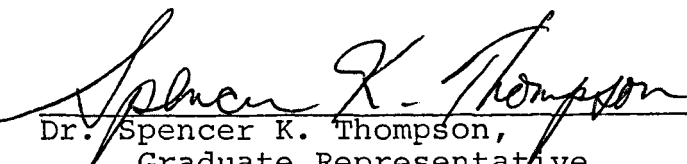
PRACTICAL FLEXIBILITY TESTS FOR USE IN  
THE HEALTH AND FITNESS SETTING

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