

FLEXIBILITY is the ability of our muscles and joints to move through a full range of motion. A) True B) False

The statement is True.

FLEXIBILITY is the ability of our muscles and joints to move through a full range of motion.

Is flexibility the capability to move a joint through its complete variety of movements?

Flexibility refers to the capability to transport a joint thru its full variety of motion (ROM) quite simply. Flexibility is joint precise. which means that suitable flexibility in one joint isn't always associated with that of other joints.

Dynamic flexibility (also called kinetic flexibility) is the potential to carry out dynamic (or kinetic) moves of the muscle mass to deliver a limb via its full range of movement inside the joints.

The stretching continues the muscle tissues flexible, sturdy, and wholesome, and we want that flexibility to keep a variety of motion within the joints. Without it, the muscles shorten and come to tight.

Learn more about the FLEXIBILITY here: brainly.com/question/11409395

#SPJ2

The answer would be A) TRUE because that's what the word means, flex is used to move muscles and move around and bility is short for ability where its our capability to move in motion.

What was one major difference between the protestant reformation and the catholic reformation

A government facing protests and demonstrations that are supported by most of its citizens and spread across its territory has lost consent of the governed

limited government

individual rights

rule of law

Which inventor was often called the lady edison

PLEASE NEED HELP (ASAP!) A cylinder has a radius of 7 feet and a height of 14 feet.

What is its approximate volume in cubic feet? Use 3.14 for π .

a. 294 ft³

c. 686 ft³

b. 333 ft³

d. 2,154 ft³

Please select the best answer from the choices provided

What is the GCF for $7x^2 + 21$?

List and explain three ways you can make your references job easy

If a balloon is heated, what happens to the pressure of the air inside the balloon if the volume remains constant? It increases. It stays the same. It decreases.

Crees que en la mencion a mark twain en el fragmento de huckleberry finn hace del autor un personaje por que

All bodybuilders and aerobics instructors have high level of total physical fitness

A(an _____) involves approaching a problem in a way that has worked in the past, but it is clearly no longer working. anchoring bias functional fixedness
mental set trial and error

Describe the conservation of mass in a food web

The following number sentence is _____. $(8 \div 5) \div 2 = 8 \div (5 \div 2)$

A.

true, because division is commutative

B.

true, because division is associative

C.

false, because division is not associative

D.

false, because division is not commutative

I have to verify each equation here by substituting identities to match the right hand side of the equation to the left. This is kinda confusing for me... so if you could explain, I would greatly appreciate it.

$$1. \cot x \sec^4 x = \cot x + 2 \tan x + \tan^3 x$$

$$2. (\sin x)(\tan x \cos x - \cot x \cos x) = 1 - 2 \cos^2 x$$

$$3. 1 + \sec^2 x \sin^2 x = \sec^2 x$$

$$4. (\sin x / 1 - \cos x) + (\sin x / 1 + \cos x) = 2 \csc x$$

$$5. -\tan^2 x + \sec^2 x = \sec^2 x \cos^2 x$$

Which of the following is a part of the cell theory? a. All cells contain a nucleus

b. Organs are the basic units of life

c. New cells arise spontaneously on their own

d. New cells are produced from existing cells

2. When using a light microscope to view a cell she obtained from scraping under her fingernails, Mrs.

Wolfinger notices that the cell lacks a nucleus; therefore, Mrs. Wolfinger concludes that the cell must be a type of _____ cell.

a. Animal

b. Prokaryotic

c. Eukaryotic

d. Plant

3. The organelle responsible for breaking down and recycling macromolecules is called

a. mitochondria

b. lysosome

c. ribosome

d. cytoskeleton4. The solid purple arrow is pointing to a cell organelle that is responsible for storing the DNA. What is the name of this organelle?

a. Golgi apparatus

b. Endoplasmic reticulum

c. Nucleus

d. Ribosome

5. The dashed blue arrow is pointing to a collection of tiny organelles that are responsible for making proteins. What is the name of this organelle?

a. Golgi apparatus

b. Endoplasmic reticulum

c. Nucleus

d. Ribosome8. In osmosis, water moves across a membrane from a solution of

- a. Low concentration to a solution of high concentration until both solutions are isotonic
 - b. High concentration to a solution of low concentration until both solutions are isotonic
 - c. Low concentration to a solution of high concentration until all of the water is on one side of the membrane
 - d. High concentration to a solution of low concentration until all of the water is on one side of the membrane
9. An animal cell that is placed in a hypertonic solution will _____ because water will move _____ the cell.
- a. burst, into
 - b. burst, out of
 - c. shrink, into
 - d. shrink, out of
10. Compared to small cells, large cells have more trouble
- a. moving needed materials in and waste products out.
 - b. dividing.
 - c. producing daughter cells.
 - d. storing needed materials and waste products.

Two flat 4.0 cm 4.0 cm electrodes carrying equal but opposite charges are spaced 2.0 mm apart with their midpoints opposite each other. Between the electrodes but not near their edges, the electric field strength is 5.5×10^6 N/C. What is the magnitude of the charge on each electrode? ($\epsilon_0 = 8.85 \times 10^{-12}$ C²/N m²)

Which part of the sentence functions as an adjective? the infinitive phrase “to heartily enjoy”

the participial phrase “bubbling its way”

the gerund phrase “hiking along merrily”

the prepositional phrase “beside us”

1. Keith bought 6 baseball cards. His dog ate half of his collection and he was left with 36 cards. How many did he start with? 2. Sara spent half of her allowance going to the movies. She washed her family car and earned \$7. What is her weekly allowance if she ends up with \$13?

What was the reason why the United States not support movements for colonial independence around the world?

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