

## ABSTRACT

The purpose of this study is to determine the pre and post activity warm-up/stretching practices of men's collegiate basketball programs (static, ballistic, proprioceptive neuromuscular facilitation, and/or dynamic stretching) if any, and in comparing those results with current research conclusions. The study will determine if current NCAA Division I and NCAA Division III basketball programs are utilizing pre and post activity protocols that reflect up-to-date research.

Eighty coaches responded to a voluntary study. The coaching respondents completed a questionnaire assessing flexibility practices in order to compare these practices with, current, scientific-based literature. The results of the study showed that flexibility is incorporated into nearly every program at both the division-I and division III levels. There is a large majority of coaches that believe stretching prevents injuries and improves performance, however the results from the study show that coaches are not following the recommended research when it comes to properly conducting flexibility practices. It is important that colleges and university basketball coaches gain a better understanding of what appropriate flexibility practices are, in order to achieve maximal benefits for their respective team members.