Abstract

The purpose of this study was to compare the American College of Sports Medicine (ACSM) sit-and-reach, the industry standard measurement for flexibility, with the Grey Cook Functional Movement Screen (FMS) to determine if a better method for flexibility assessment could be determined. The sit-and-reach and FMS were evaluated on 30 students at Ball State University, age 18-25, and compared to one another. No significant difference (p > 0.05) was found between the two assessments. Differences between the right and left leg were found in the FMS, but no significant data was recorded. The number of participants limited the data sets in this study. In conclusion, there is no substantial evidence dictating that the FMS would be a better predictor of flexibility in young adults than the sit-and-reach assessment. However, the FMS may assist the sit-and-reach in assessing a subject's risk for lower back pain or provide a viable alternative.

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