

Self-reported Flexibility Scale to Assess Flexibility among Recreational Athletes: A Protocol Development Study

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ABSTRACT

Introduction: Flexibility is a crucial element of physical fitness and plays a significant role in movement quality, functional ability, and injury prevention in recreational athletes. Most existing flexibility measures focus on clinician-assessed joint range of motion and may not adequately capture perceived flexibility during functional and sport-related movements.

Need of the study: There is a need for self-report instruments that assess flexibility as a functional and movement-based construct.

Aim: The purpose of this research is to develop a self-reported qualitative flexibility scale to measure the quality of flexibility in recreational athletes using a mixed-methods approach.

Materials and Methods: Following an initial literature review and semi-structured interviews with 14 participants, key domains related

to flexibility were identified. These included the flexibility of the upper limbs, lower limbs, trunk, ankle dorsiflexion mobility, shoulder flexibility, quadriceps flexibility, and overall functional movements involving balance and coordination. Based on these domains, a 10-item questionnaire was drafted using a 4-point Likert scale. The scale will be sent to six experts for content validation. Content Validity Index (CVI) will be calculated, and reliability testing will be conducted in subsequent phases.

Conclusion: A valid and reliable self-reported flexibility scale will help to measure flexibility among recreational athletes without any equipment.

Keywords: Flexibility, Functional movement, Recreational athletes, Reliability, Scale development, Self-reported assessment, Validity.

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