

Theoretical orientations regarding the “suppleness – mobility” motor capacity

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Abstract

The purpose of this paper is to present theoretical reasons for the approach of the suppleness-mobility characteristic. This is a component of the motor capacity, treated in the professional literature dedicated to this field, but the matter is not completely clarified at this time. There is yet instability in the terminology and in the interpretation of this concept.

First, the paper reviews the ways in which the physical education and sport specialists discuss the suppleness-mobility notion. Based on these considerations and also on our own long term personal theoretic studies and rhythmic gymnastics professor – coach practice in the field, I tried to outline an original conceptual interpretation of this issue. It is presenting the capacity often named as flexibility – mobility – suppleness as a complex motor ability of the motor behavior that confer to the movements attributes as „amplitude, plasticity, fluidity and agility”.

Keywords: motor capacity, suppleness - mobility - flexibility, motor behavior.