

Overhead Deep Squat

Score of Three



- Knees aligned over feet



- Upper torso parallel with tibia
- Femur below horizontal
- Dowel aligned over feet, behind the ears.

Score of Two (With Heel Lift)



- Knees aligned over feet

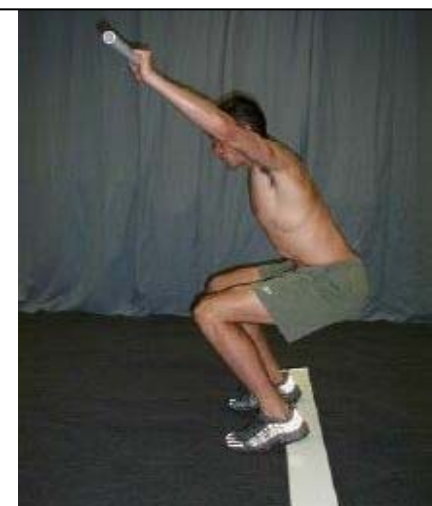


- Upper torso parallel with tibia
- Femur below horizontal
- Dowel aligned over feet, behind the ears.
- Heels on the ground

Score of One (With Heel Lift)



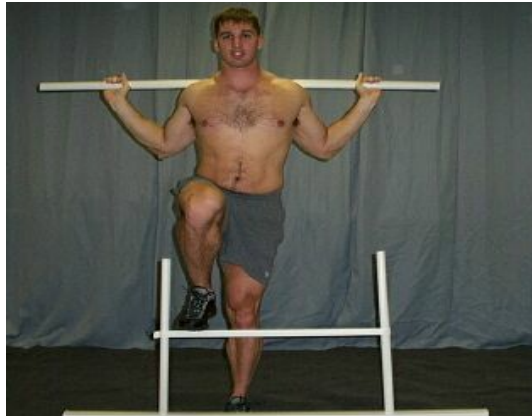
- Knees not aligned over feet



- Upper torso parallel with tibia
- Femur not below horizontal
- Dowel not aligned over feet, behind the ears.

Hurdle Step

Score of Three



- Dowel, hip axis and hurdle remain parallel
- Movement at hips, knees and ankles remain aligned

Score of Two



- Dowel, hip axis and hurdle remain parallel
- Single fault rather than multiple faults
- Movement at hips, knees and ankles deviate from sagittal plane

Score of One



- Dowel, hip axis and hurdle do not remain parallel
- Multiple faults rather than single fault
- Unable to step over cord
- Movement at hips, knees and ankles deviate from sagittal plane



- Minimal movement in lumbar spine



- Minimal movement in lumbar spine



- Excessive movement in lumbar spine

In-Line Lunge

Score of Three



- Successfully complete one of three repetitions in slow controlled fashion
- Stick remains vertical and touching head, back, and glutes
- Foot and shin are aligned

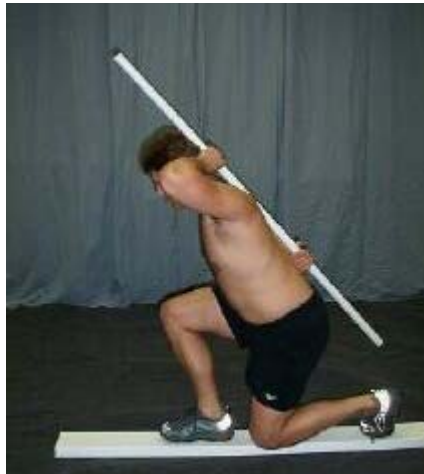


- Minimal to no torso movement
- Feet remain in sagittal plane on board
- Knee touches 2X6 behind heel of front foot
- Front foot remains on board

Score of Two



- Successfully complete one of three repetitions with one fault.
- Stick is not vertical or touching head, back, and glutes
- Foot and shin are not aligned



- Excessive torso movement
- Feet or knee deviate in sagittal plane on board
- Knee does not touch 2X6 behind heel of front foot
- Front foot heel rises from board

Score of One



- Unable to complete one of three repetitions without multiple faults.
- Stick is not vertical or touching head, back, and glutes
- Foot and shin are not aligned



- Excessive torso movement
- Feet or knee deviate in sagittal plane on board
- Knee does not touch 2X6 behind heel of front foot
- Front foot heel rises from board

Shoulder Mobility

Criterion Measurement



The length of the hand is measured from the first crease in the wrist to the tip of the middle finger.

Score of Three



- Fists must be within one hand length apart

Score of Two



- Fists must be between one and two hand lengths apart

Score of One



- Fists are greater than two hand lengths apart

Active Straight Leg Raise

Score of Three



- Leg movement only in sagittal plane

Score of Two



- Leg movement only in sagittal plane

Score of One



- Leg movement in multiple plane



- Heel falls between mid-thigh and ASIS
- Opposite leg is in contact with 2X6
- Upper body flat against ground



- Heel falls between mid-patella and mid-thigh
- Opposite leg is in contact with 2X6
- Upper body flat against ground



- Heel falls inferior to mid-patella
- Opposite leg is in contact with 2X6
- Upper body flat against ground

Trunk Stability Push-up

Score of Three



- Thumbs aligned with top of head, elbows up, successfully lift body as a single unit
- Females start at next position, and are awarded a "1"

Score of Two



- Thumbs aligned with chin, elbows up, successfully lift body as a single unit
- Females start with hands at shoulders, and are awarded a "2"

Score of One



- Thumbs aligned with chin, elbows up, lift does not rise as a single
- Females start with hands at shoulders



- No lag in lumbar spine



- No lag in lumbar spine



- There is a lag in lumbar spine

Quadruped Rotational Stability

Score of Three



- Successful completion of one ipsilateral repetition
- All movement in sagittal plane
- Static hand, knee, and foot must touch board

Score of Two



- Successful completion of one contralateral repetition
- All movement in sagittal plane
- Static hand, knee, and foot must touch board

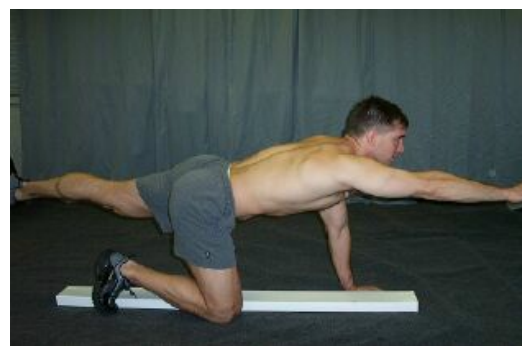
Score of One



- Unsuccessful completion of one contralateral repetition
- All movements not in sagittal plane
- Static hand, knee, and foot not touching board



- Touch ipsilateral elbow to knee



- Touch contralateral elbow to knee
- Minimal to no torso rotation



- Cannot touch contralateral elbow to knee
- Excessive torso rotation