



FUNCTIONAL MOVEMENT SCREENING TEST

This movement screening test has been developed by Federation University for the use by Sporting Pathway Program staff to indicate athlete competency for injury prevention and exercise progression. The adapted functional movement screening test will also be used to indicate if a student is ready to begin the SPP training program; the results may also indicate which entry level a student will begin the SPP training programs.

Athletes will be screened at the beginning of every term to ascertain the fundamental movement patterns they can exhibit. Ongoing assessment will also provide vital information about progression/digression of athletes involved in the program.

PROCEDURES – to be used by the SPP staff administering the screening test

- Describe and demonstrate the movement pattern to athlete
- Say what to do, rather than what not to do
- Give feedback and try to correct any faults from the checklist
- Allow several attempts (eg. 3-6) to demonstrate competency
 - Don't want the athlete to fail simply because they didn't have the opportunity to learn an unfamiliar movement
- If any of the criteria cannot be achieved the training program should be modified to address the issue
 - Results of this screening test will identify entry levels to the training program

NAME OF ATHLETE **DATE OF TESTING**

PARALLEL SQUAT

- With a shoulder width stance squat until the top of the thighs are parallel to the floor
- Arms held straight and forward

Characteristics to look for:	Competent	Notes/comments for the athlete
Maintain of neutral spine		
Keeping the feet flat on the floor		
Avoid excessive forward lean		
Knees in line with feet		

Example of good parallel squatting technique



STANDING LONG JUMP

- Jump forward from two legs to land on two feet – jump with about 80% max effort
- This test is not about distance travelled but more so about the landing
- 'Stick' the landing by maintaining balance and control for at least one second

Characteristics to look for:	Competent	Notes/comments for the athlete
Maintain of neutral spine		
Keep the landing soft by dropping to a half squat position (approx.) on landing		
Avoid excessive forward lean		
Knees in line with feet – no wobble/valgus on landing		
Maintain balance on landing for a minimum one second with no wobble		

Example of jumping technique



WALKING LUNGE

- With arms by side – perform four consecutive lunges (two on each leg – alternating leg)
- Back knee just off the floor
- Support on the ball of the back foot

Characteristics to look for:	Competent	Notes/comments for the athlete
Maintain of neutral spine		
Front foot – keep the heel on the floor		
Avoid excessive forward lean		
Knee over the toe in line with feet – no wobble of front leg or valgus		
Hips level (no dropping of hip on back leg side)		
Maintain balance		

Example of walking lunges (with light weight)



SINGLE LEG HALF SQUAT (LEFT AND RIGHT)

- Squat to a 90 degree angle at the knee – 2-5 reps
- Arms held straight and forward
- Free leg can be straight in front or bent at the knee

Characteristics to look for:	Competent	Notes/comments for the athlete
Maintain of neutral spine	L R	
Keep the feet flat on the floor – support leg	L R	
Avoid excessive forward lean	L R	
Knees in line with feet – no wobble/valgus	L R	
Hips level (no dropping of hip on free leg side)	L R	
Maintain balance	L R	

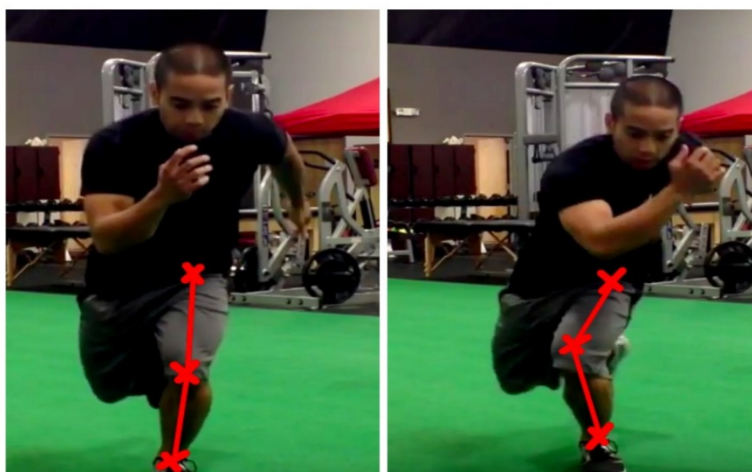


JUMP TO SINGLE LEG LANDING (LEFT AND RIGHT)

- Jump from two foot stance to land on one leg – aim for about 80% of max effort when jumping
- ‘Stick’ the landing by maintaining balance and control for at least one second

Characteristics to look for:	Competent	Notes/comments for the athlete
Maintain of neutral spine	L R	
Keep the landing soft by dropping to a half squat position (approx.)	L R	
Keep the heel on the floor of landing foot	L R	
Avoid excessive forward lean	L R	
Knees in line with feet – no wobble/valgus	L R	
Hips level (no dropping of the hip on free leg side)	L R	
Maintain balance	L R	

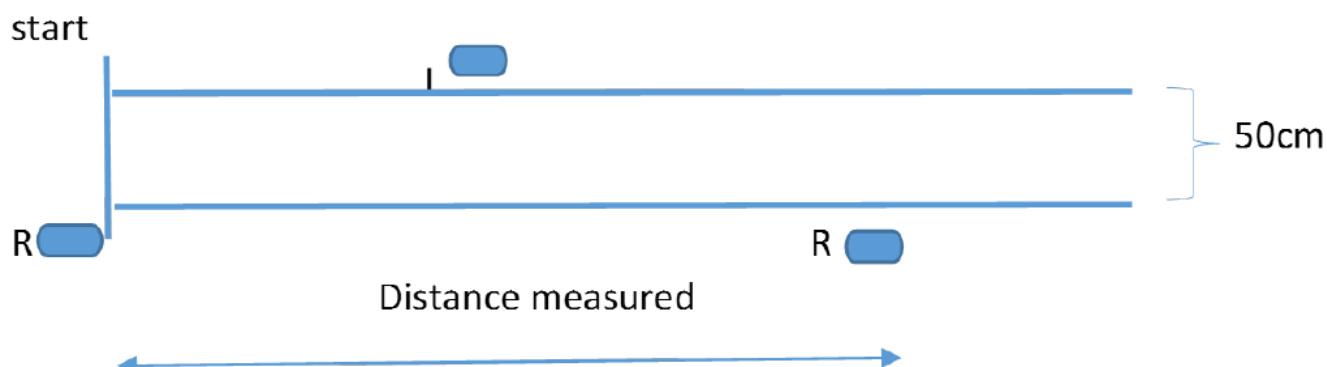
Example of good/bad landing technique



ZIG ZAG BOUNDING FOR DISTANCE AND CONTROL

- Mark out 5m long parallel lines – 50cm apart
- Balancing on the right leg – bound onto the left foot to clear the left line without touching it then immediately rebound to land on the right foot to land over the right line
- ‘Stick’ the landing by maintaining balance and control on right foot for at least one second
- Repeat starting on left leg
- Only measure the distance if there was no loss of balance on the final landing – distance is measured from the toe at the start to the toe on the final landing foot

Characteristics to look for:	Competent	Notes/comments for the athlete
Maintain of neutral spine	R L	
Keep the final landing soft by dropping to a half squat position (approx.)	R L	
Avoid excessive forward lean	R L	
Knees in line with feet – no wobble/valgus	R L	
Hips level (no dropping of hip on free leg side)	R L	
Maintain balance	R L	



ACTIVE KNEE EXTENSION

- Ensure shoulders remain on ground
- Ensure other leg remains on ground
- Maintain 90 degree angle at hip
- Partner can support the extended leg

Active knee extension

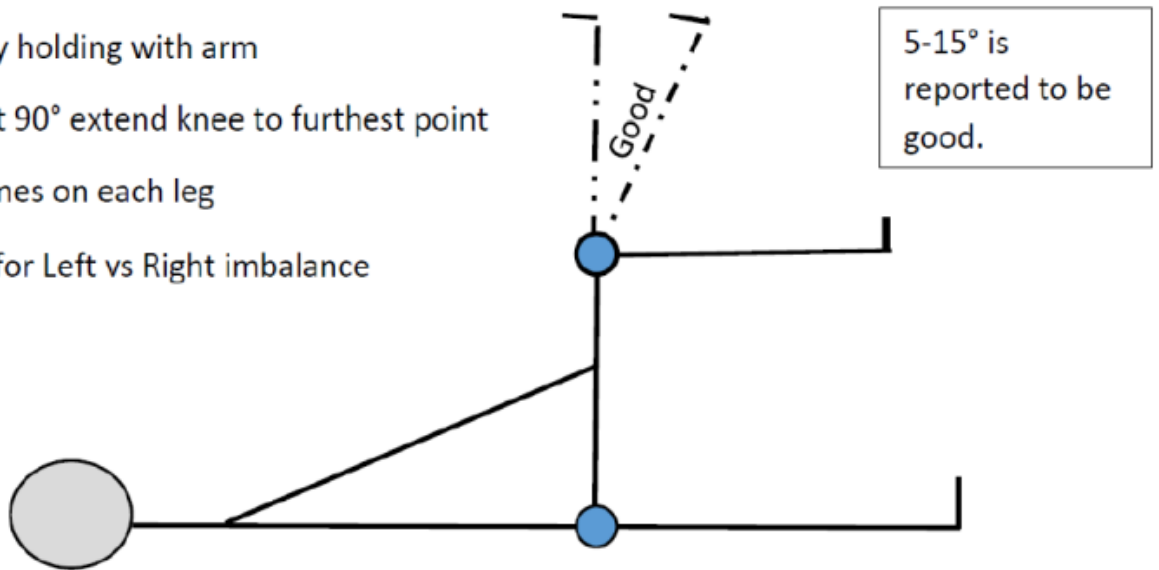
Lying on supine with hip and knees at 90°

Support leg by holding with arm

Keeping hip at 90° extend knee to furthest point

Repeat 3-6 times on each leg

- Look for Left vs Right imbalance



Characteristics to look for:	Result	Notes/comments for the athlete
Right leg hamstring result		
Left leg hamstring result		

SINGLE LEG CALF RAISE

- Single leg stance using wall for minimal support
- Perform as many single leg calf raises as possible
- Could use a metronome to set cadence (60 reps/min is most common cadence)
- Test ends when;
 - Athlete cannot achieve maximal ankle extension
 - Leans heavily on wall and uses wall for assistance
- 25-30 repetitions is typically used as a target

Characteristics to look for:	Result	Notes/comments for the athlete
Right leg result		
Left leg result		

Calf raise using stick to support – will be using the wall to support in this test

Must fully extend the ankle – to be counted as a rep



PRONE/PLANK HOLD

- Athlete assumes the prone hold (see below) position on their elbows
- Athlete is instructed to statically hold the position for as long as possible
- Test ends when;
 - Athlete becomes fatigued and voluntarily stops
 - Fails to maintain proper posture
 - Wiggles sideways/forwards
 - Moves feet or arm position
- See below for table of percentiles

Characteristics to look for:	Result	Notes/comments for the athlete
Prone position		



Ear, shoulder, hip, knee and ankle

Percentiles score by sex and sport status

Time to Fatigue in the Plank-Test (all values in seconds)				
Percentile	Female Non-Varsity (n = 227)	Female Varsity (n = 50)	Male Non-Varsity (n = 134)	Male Varsity (n = 59)
10 th	34	45	49	74
20 th	47	59	72	84
30 th	56	63	83	94
40 th	62	74	95	117
50 th	70	87	103	125
60 th	79	97	115	140
70 th	91	110	125	157
80 th	103	162	142	183
90 th	130	194	189	228