

Movement Competency

Screening template

NZIS ONLINE

NEW ZEALAND
INSTITUTE OF SPORT

Guided by NZMA



Kia ora!

This document is to be used to record your findings when performing a movement competency screening on a client.

PATTERN	PRIMARY		SECONDARY		LOAD LEVEL	COMMENTS
SQUAT	Shoulders		Head		1	
	Lumbar		Knees		2	
	Hips		Depth		3	
	Ankles/feet		Balance			
LUNGE & TWIST (The Lunge)	Balance		Head		1	
	Lumbar		Knees		2	
	Hips		Depth		3	
	Ankles/feet		-			
LUNGE & TWIST (The Twist)	Shoulders		Head		1	
	Lumbar		Knees		2	
	Hips		Depth		3	
	Ankles/feet		Balance			
BEND & PULL (The Bend)	Shoulders		Head		1	
	Lumbar		Knees		2	
	Hips		Ankles/feet		3	
	Depth		Balance			
BEND & PULL (The Pull)	Shoulders		Head		1	
	Lumbar		Knees		2	
	Hips		Ankles/feet		3	
	Depth		Balance			
PUSH UP	Head		Hips		1	
	Shoulders		Knees		2	
	Lumbar		Ankles / feet		3	
	Depth		Balance			
SINGLE LEG SQUAT	Depth		Head		1	
	Lumbar		Shoulders		2	
	Hips		Knees		3	
	Ankles/feet		Balance			