## Movement Competency Screening template

## **NZIS ONLINE**



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

Adapted from the developed work by Matthew Kritz (2015) The Movement Competency Screen (MCS).