

MOVEMENT COMPETENCY ASSESSMENT

NO	MOVEMENT	COMPENSATION CHECKLISTS	YES	NO	NOTE
1	BODYWEIGHT SQUAT	HEELS LIFTING			
		KNEE MOVE-IN			
		KNEE MOVE-OUT			
		BENDING OVER			
		LEANING TO ONE SIDE			
		FOOT TURN OUT			
		BUTTWINK			
		LOWER BACK OVERARCHING			
2	FRONT / BACK LUNGES	KNEE CAVE-IN			
		KNEE CAVE-OUT			
		LOWER BACK OVERARCHING			
3	SIDE LUNGES	KNEE CAVE-IN			
		KNEE CAVE-OUT			
		LOWER BACK ROUNDING			
4	DEADLIFT	KNEE CAVE-IN			
		LOWER BACK OVERARCHING			
		LOWER BACK ROUNDING			
		HIP SHIFTING			
5	ROMANIAN DEADLIFT	LOWER BACK ROUNDING			
		KNEE CAVE-IN			
		LOWER BACK OVERARCHING			
		HIP SHIFTING			
6	HORIZONTAL ROW	SHOULDER ROUNDING			
		LOWER BACK ROUNDING			
		HYPEREXTENDED NECK			
7	PULL UP / PULL DOWN	SHOULDER ELEVATION			
		LOWER BACK OVERARCHING			
8	OVERHEAD PRESS	SHOULDER ELEVATION			
		LOWER BACK OVERARCHING			
		ELBOW FLEXION			
		ARMS FALL FORWARD			
		FORWARD HEAD POSITION			



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9	STRAIGHT-ARM PLANK	LOWER BACK OVERARCHING			
		HIPS UP HIGH			
		SINKING INTO SHOULDER			
		HANDS TOO WIDE			
		NECK SAGGING			
		ANTERIOR PELVIC TILTING			
10	PUSH-UP	LOWER BACK ROUNDING			
		HYPEREXTENDED NECK			
		LOWER BACK OVERARCHING			
		SHOULDER ELEVATION			
		ELBOW FLARING			
		WINGS SCAPULAE			
11	CHEST DIPS	SHOULDER ELEVATION			
		LOWER BACK OVERARCHING			
		ELBOW FLARING			

NOTE:
