

FUNCTIONAL TESTING RECORDING SHEET

Athlete Name:		Age:	
Birthdate:		Date:	
Height:	Weight (kg):	Local:	
Gender: Male/Female			
Sport(s):			
Coach(es) Name(s) (if known):			
Posture test			
Head- Neutral (1) or forward (0)		Score	Standards
Shoulders- Neutral (1) or forward (0)		/1	
Lower back- Neutral (1) or forward (0) or flattened (0)		/1	
Total score /3, does not pass if less than 3/3		/3	
Sit and Reach Test- Best of three trials (cm)			M-38 F-46
Four pt opposite arm and leg raise		L arm up	R arm up
Torso is kept parallel to the ground-does not wobble or rotate		/1	/1
Elbow and knees are maintained beside body		/1	/1
Total score/2, does not pass if less than 2/2		/2	/2
Push up test			
Ankles, knees, hips, spine, shoulders and head remain aligned		/1	
No spinal movement is observed (i.e. sagging)		/1	
Shoulder blades remain flush against the rib cage		/1	
Total score /3, does not pass if less than 3/3		/3	
Number of push ups until break in form or fatigue (#)			M-19 F-11 (toes)
Push ups completed on knees or toes?			
Wall Sit test (seconds)			M-50 F-35
Squat test			
Thighs are parallel to ground when athlete is in a fully descended position		/1	
Angle of torso is parallel with lower leg		/1	
Heels remain on the ground		/1	
Knees are aligned over feet and behind toes		/1	
Total score /4, does not pass if less than 4/4		/4	
Sprint Test 30m (seconds)			M-4.4 F-4.8
Agility Test (seconds)			M-5.2 F-5.4