

Practical Exam Worksheet and Information

Please bring a copy (paper or electronic) to your practical exam

- Review your ALL of your scores, feedback, resources, and notes for labs 1-4.
- Answer the questions for each exercise (for Lab#3/Lab#4- you choose which exercises to list)
 - If you need to make modifications or change an exercise from exercises performed you should make note of this when answering the questions. If you need specific notes, screenshots or cues to help you during your practical exam, you should place it in this worksheet. **For example screenshots of the exercise that you want to glance at quickly when told the exercises you will perform are acceptable during the practical. Re-reading complete descriptions of an exercise and watching an entire instructional video during the practical are not acceptable when taking your exam.**
 - You should know the exercises you have been performing each lab, however, we realize you might need quick reminders of the exercise when in an exam environment. However, the time to correct, modify and perfect form is before you take the practical exam.
- Save this completed worksheet and submit through the Practical Exam Worksheet link under Module 5. This worksheet and the in person practical are considered your final exam.
- The Practical Exam is run differently than lab sessions. Students will sign up for a 15 minute time slot. Students are responsible for material and being able to demonstrate screenings and exercises from all labs. The exercises will be based on required screenings and exercises of labs 1 and 2 and student selected exercises from Labs 3 and 4. Instructors will test students on randomly selected exercises from the submitted practical exam worksheets.

Lab #1 FMS Self Movement Screen

Lab 1 Exercises

Please Answer the following questions for each of the Lab #1 Screenings:

- What was your score for this screening?
- Why did you receive that specific score? (i.e.- did you meet all the score criteria for the screening, incorrect movements, balance issues, etc.)

Deep Squat

- I scored myself with a 1 because my knees came out of line with my feet and there was a lot of lean forward with downward movement.

- Reminders: The dowel should be placed across the backs of your shoulders, your torso should not lean forward, and your knees should stay in line with your feet.

Hurdle Step (right and left sides)

- I scored myself a 2 because my hips, knees, and ankles did not remain aligned and forward through the movement.

- Reminders: Toes should be aligned with the tape but not touch it, measure from ground to tibia and put tape across the knee right underneath the knee caps, both knees together and dowel parallel to ground and board, step over tape and bring heel to ground, then lift the leg back over to standing.

In Line Lunge (right and left sides)

- I scored myself a 2 because I had more than just minimal body movement.
- Reminders: One foot on zero the other on the tibia measurement tape on ground, dowel vertical against your back, one hand placed low on dowel and the other placed high.

Active Straight Leg Raise (right and left sides)

- I scored myself a 2 because my feet were not flexed, they would start to point every time I raised either leg.
- Reminders: Laid on back, board placed perpendicularly under knees, flex both feet and raise one as close to 90 degree angle as possible while keeping both legs straight.

Shoulder Mobility (right and left sides)

- I scored myself a 3 because I could connect my hands together either way I did the exercise.
- Reminders: Place arms to make a "T" with your body, bend them, and connect both hands together against your back.

Trunk Stability

- I scored myself a 1 because my hips lagged excessively and my shoulders moved before my hips did.

- Reminders: Laid flat on stomach, toes together and touching the floor, hands aligned with chin, lift your body up into a pushup position.

Rotary Stability (right and left sides)

- I scored myself a 2 on all of the exercises because I didn't fall, but I was shaky.

- Reminders: Straddle board on all fours, lift hand and leg (same side) up in a straight line and maintain balance, touch elbow and knee together then lower back down, repeat with diagonal limbs.

Lab #2 Core Stability/Mobility

Lab 2 Exercises

Please answer the following questions for each of the Lab #2 exercises:

- Explain why or why not you are able to complete the exercise correctly?
- Did you require any modifications for this exercise (this included a progression or regression)? If yes please specific the modification- equipment, spotter, alternative exercise due to injury/condition, etc.

Abdominal Bracing on the wall

I was able to somewhat do this exercise; my upper and mid back were connected to the wall but i couldn't get my lower back to connect as good.

Cat/Cow

I could do the cat/cow very well and did not need a regression.

Hip Abducted Rockback

I was able to do this exercise really well and used the progression of bringing each foot more forward when i wanted to stretch each leg more.

Bird Dog

Much like the cat/cow, I was able to complete this exercise and I didn't have much imbalance when I extended opposite limbs outward.

Tall Plank

I was able to complete the tall plank even though I was a bit shaky when I used the progression of picking one foot up off the ground at a time and placing it back down.

Dead Bug

I was able to complete this exercise really well because I could maintain balance of both limbs and it worked my abs a lot.

Brettzel

I was able to complete this exercise easily just because of the dance experience I have that's helped with my flexibility.

Band Walk

I was able to take small steps during this exercise, but I did have some difficulty and wasn't able to complete the progression well.

Reminder: Band under both feet, pick the sides up with both hands, move from side to side and back.

Band Pull Apart and Over

I was able to do this exercise because my hands were farther apart on the band.

Reminder: No stepping on the band during this one, with the band in both hands, move arms straight out and apart from one another, then lift arms over head and as far back as possible.

Squat to stand with Reach

I was able to do this exercise well.

Reminders: Begin with feet shoulder-width apart or slightly wider, bend down and touch toes, drop hips, raise chest, and bring your knees to the outside of arms (in a squat or frog position), reach back as far as you can with each arm while still holding your feet with the other, release position and stand back up.

Leg Lowering

I was able to do this with little difficulty and used the progression of starting with both legs straight in the air and lowering each one at a time.

Wall squat (facing the wall)

I was able to do this exercise well.

Reminders: Nose and toes against the wall, feet slightly wider than shoulder-width, squat without losing connection between hands and wall.

½ Kneeling Hip Flexor

I was able to do this stretch without trouble.

Reminders: Down on knees, with one leg out in another 90-degree angle, using back leg to stretch, front leg leans forward as much as possible to stretch the hips, repeat on other side.

Foam rolling, rolling pin, or SMR with Tennis Ball

***In addition to the questions above, please also address if you found a benefit/relief by using foam rolling, rolling pin, or SMR with tennis ball- you may specify a specific muscle group (legs, back, hips, etc.)**

I noticed the foam rolling really helped relieve muscles, specifically in my legs and back.

Lab # 3 Upper Body Push/Pull Exercises

Lab # 3 Exercises

Please answer the following questions for each of the Lab #3 exercises: ***Make sure to write down the exercises that you could perform for the practical; if you decide an exercise from lab 3 was too difficult DO NOT put it on this form!!!***

- Explain why or why not you are able to complete the exercise correctly?
- Did you require any modifications for this exercise (this included a progression or regression)? If yes please specify the modification- equipment, spotter, alternative exercise due to injury/condition, etc.

Push Exercises (Please list 3)

Elevated Pushup

I was able to do this easier than a regular pushup because of the raised bar and I did not require any modifications.

Dumbbell Bench Press

I was able to do this exercise correctly because the hand weights are easier for me.

Reminder: Using hand weights, lay on back and select either neutral or wide grip. Multiple reps.

TRX Pushup

I was able to complete this exercise but I did have a bit of shakiness.

Reminders: Using yellow TRX bands, perform a standing pushup and lower back in to bands while simultaneously keeping your legs straight and backs of feet planted on the floor.

Pull Exercises (Please list 3)

TRX Inverted Row

I was able to complete this exercise fairly easily. I was also able to do it with the progression.

Reminders: Basically a pull-up using the TRX bands, either straight legged or with bent knees. Progression is to bring feet closer in so you're more parallel to the ground.

One Arm Dumbbell

I was able to do this exercise easily because I had one hand on the bench while squatting and lifting the dumbbell with the other arm.

Tall Kneeling Band Pulldown

I was able to do this exercise easily because the bands were a bit more relaxed.

Reminder: On knees, pull stretching bands down from equipment to your shoulders and release slowly back, multiple reps.

Lab # 4 Lower Body Exercises

Lab # 4 Exercises

Please answer the following questions for each of the Lab #4 exercises: ***Make sure to write down the exercises that you could perform for the practical; if you decide an exercise from lab 4 was too difficult DO NOT put it on this form!!!***

- Explain why or why not you are able to complete the exercise correctly?
- Did you require any modifications for this exercise (this included a progression or regression)? If yes please specific the modification- equipment, spotter, alternative exercise due to injury/condition,

Hip Hinge Exercises (Please List 2)

Glute Bridge

I was able to complete this exercise without any difficulty, I just had to control my movements so my torso wouldn't go further than a flat surface.

Reminder: Start laid on back in relaxed position with legs bent up and feet flexed with heels on floor, use heels to push bottom up into a straight line with the rest of the body.

Hip Hinge with Dowel Rod and Wall Taps

I was able to do this exercise.

Reminder: Dowel placed vertically across back, one hand high on dowel other lower down, use wall for help, bend knees slightly and lean forward, keep your back completely straight.

Single Leg Exercises (Please List 2)

Stationary Lunge

I was able to do this exercise.

Reminder: Lunges done in same place, place feet wide and apart, lower legs into 90-degree angle, where back knee touches the floor.

Walking Lunges

I was able to do this exercise.

Reminder: Lunges done walking in a line, lower legs to 90-degree angle where knee touches floor, after each lunge bring feet together before starting the next.

Squat Exercises (Please List 2)

High Box Squat

I was able to complete this exercise because the high box was a helpful piece of equipment.

Reminder: Using high box, hold dowel horizontally above head and squat into a sitting position on the high box. Don't just sit though, be careful to only tap the box in the squat.

TRX Squat

I was able to complete this exercise easier than a regular squat because the TRX bands helped.

Reminder: Using TRX bands, squat down regularly into a 90-degree angle using the bands as leverage to help standing back up.