

HUMAN *motion*

seminars en cursussen

Scoring Sheets

NAME: _____ AGE: _____ HEIGHT: _____

WEIGHT: _____ MALE / FEMALE PHONE: _____

ADDRESS: _____

SPORT/ACTIVITY REFERENCE: _____

HAND DOMINANCE: RIGHT LEFT LEG DOMINANCE: RIGHT LEFT

TEST	RAW SC	FINAL	COMMENTS
DEEP SQUAT			
HURDLE ST. L			
HURDLE ST. R			
IN-LINE LUN. L			
IN-LINE LUN. R			
SHO. MOB. L			
SHO. MOB. R			
ACTIVE IMP. L			
ACTIVE IMP. R			
ASLR L			
ASLR R			
TSPU			
EXT			
ROT. STAB. L			
ROT. STAB. R			
FLX			
TOTAL			