

FREE Movement & Fitness Self-Assessment (2022)

This assessment is only part of the Empowered Performance EPVIP high performance assessment. If you seek further assistance in the administering, analysis, and goal setting aspect please email steph@empoweredperformance.ca to set up a consultation or coaching call.

This assessment is not a substitute for guided professional advice. If you have an injury or medical condition that might affect, or be affected by participation in a movement or submaximal fitness assessment please consult a Regulated Health Care or Movement Practitioner before beginning the assessment.

How to complete the assessment?

- The self-assessment is to be completed prior to the start of an off-season training program (or as early in the off-season as possible) as a means to determine baseline movement and fitness levels. You will then use the results of the assessment, and video analysis to determine your main focus for the off-season. From there, you can choose or create a goal-focused program that aligns with your performance goals.
- The self-assessment is 4 parts:
 - a. Performance analysis,
 - b. Movement assessment,
 - c. Fitness assessment,
 - d. Performance gap identification,
 - e. and plan of action
- This is not the full EPVIP pre-program assessment. Feel free to add or subtract elements to align with your needs.
- Make sure to take detailed notes and record date of each test
- COPY & PASTE this doc into your own doc. *Do not request access to edit.*

Part 1 -- Performance Analysis

Using [video analysis](#) and/or [reflection](#) to determine the following:

- Describe your delivery:

- Your strengths

- Your weaknesses

- Describe your brushing ability:

- Your strengths

- Your weaknesses

- Describe your overall performance:

- Your strengths

- Your weaknesses

Part 2 -- Movement Assessment

Complete the following self-assessment at your leisure, preferably in bare feet. Use a partner or video your assessment for better movement analysis.

Test	Notes	Assessment #1 Date:	Assessment #2 Date:	Assessment #3 Date:
Toe Touch	Y/N can you touch the floor? Is there pain? How do you touch?			
Seated Rotation	Y/N does the broom go past parallel to edge of chair? Difference in R & L? How does it feel?			
Overhead Squat	Y/N can you squat with arms overhead so that thigh is parallel to ground? Are you balanced between front & back, and R & L. Is there pain/discomfort? Can you hold the bottom of the squat? Buttwink? Is it easier with hands at chest?			

Mvt Assessment Ctd.

Test	Notes	Assessment #1 Date:	Assessment #2 Date:	Assessment #3 Date:
Test for Hip Stability	Y/N is there hip instability on the R &/or the L? How long could you hold each side? How did it feel? What did you notice?			
Single Leg Balance Test	How high could you raise each thigh? How long could you balance with eyes closed on each side?			
Performance Gaps:	Identify areas that need improvement, be specific with your goals			

Part 3 -- Fitness Assessment

Test	Notes	Assessment #1	Assessment #2	Assessment #3
Hard Plank	Max 2 min, how long could you hold this test? Which leg did you start with? What did you notice?			
Max Pushups	How many pushups completed in a row at one time? Height of hands? How was your arm position & trunk position? What got tired?			
Long Jump	How far could you jump in inches? Could you stick the landing?			
Rockport 1 Mile Submax Test Watch Read OR 12 minute Coopers test	Record time, final minute HR, and resulting estimate VO2 max OR, Distance traveled, type of terrain, final heart rate, % completed running vs walking, & % completed nasal breathing			
Performance Gaps:	Identify areas that need improvement, be specific with your goals			

Part 4 -- Performance Gap Identification

This is the part where you take what you learned in Parts 1-3.

Determine what areas you are strong in, that you'd like to *maintain*:

Determine what areas *need improvement*:

Part 5 -- Plan of Action

Based on part 5, what activities are within your control to add your “needs improvement” areas to the “strengths” column?

Need help? Email steph@empoweredperformance.ca to set up a quick 10 min call to see if and how I might be able to help you.

Join me for 1 or all of the [5-part Ultimate Off-Season Training Webinar series!!](#) Gain access to information specific to your goals, and a program to help you improve your assessment results.

Check [this out](#) for more information.