

State Standard Assessment- 2B

Exercise Analysis

Demonstrates knowledge of critical elements and biomechanical principles for specialized skills

Name

You are going to research **ONE** exercise for proper biomechanical movements found on the website provided below. You are to read about the exercise and/or watch any accompanying videos, then complete the assessment.

Resource- https://stronglifts.com/stronglifts-5x5/	Exercise-
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A. What are three critical biomechanical elements to properly execute the exercise? Do not say things like “have good form”. Instead, explain how the body should be moving during the exercise.

a. _____

b. _____

c. _____

B. What is a common error made during this exercise, with regard to biomechanics? Describe how this biomechanical error could negatively affect the person performing the exercise?

a. _____

b. _____

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- | | | |
|-----------|-----------|-----------|
| Element 1 | Element 2 | Element 3 |
|-----------|-----------|-----------|

D. List up to 3 variations of the exercise.

b. _____

C. _____

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_____	_____	_____	_____
Your Name	Period	Grade	Teacher (T/N)

The following are the aspects in which your analysis will be assessed.

- a. _____ 1pt. Student chose one of the provided exercise to research
- b. _____ 1pt. Resource URL is identified
- c. _____ 1pt. 3 Biomechanical elements are identified
- d. _____ 1pt. 3 Biomechanical elements are accurate
- e. _____ 1pt. 1 potential biomechanical error is identified
- f. _____ 1pt. 1 potential biomechanical error is accurate
- g. _____ 1pt. Negative effect of improper biomechanics is described
- h. _____ 1pt. Exercise is illustrated
- i. _____ 1pts. Diagram depicts the 3 critical biomechanical elements from section A
- j. _____ 1pt. Exercise variation is accurately identified

Assessment Score _____/ 10pts.