

## FREE Movement & Fitness Self-Assessment

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](mailto: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 effected by participation in a movement or submax 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: performance analysis, movement assessment, fitness assessment, performance gap identification, 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 recover 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

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- Your weaknesses

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- Describe your brushing ability:

- Your strengths

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- Your weaknesses

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- Describe your overall performance:

- Your strengths

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- Your weaknesses

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## 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	If Struggle, Focus on:	Assessment #1 Date:	Assessment #2 Date:	Assessment #3 Date:
<a href="#">Toe Touch</a>	Y/N can you touch the floor? Is there pain? How do you touch?	Dailies			
<a href="#">Seated Rotation</a>	Y/N does the broom go past parallel to edge of chair? Difference in R & L? How does it feel?	Dailies			
<a href="#">Overhead Squat</a>	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? Buttwhink? Is it easier with hands at chest?	Dailies, Tempo lower body work			

Test	Notes	If Struggle, Focus on:	Assessment #1 Date:	Assessment #2 Date:	Assessment #3 Date:
<a href="#">Test for Hip Stability</a>	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?	Dailies, Full body tempo work			
<a href="#">Single Leg Balance Test</a>	How high could you raise each thigh? How long could you balance with eyes closed on each side?	Dailies, single leg work			
<a href="#">Single Leg Stability test</a>	Y/N Can you complete a skater squat on both sides; supported, unsupported, weighted, &/or with support	Dailies, Full body tempo work, single leg work			
Performance Gaps:	Identify areas that need improvement, be specific with your goals				

**Part 3 -- Fitness Assessment**

Test	Notes	If Struggle, Focus on:	Assessment #1	Assessment #2	Assessment #3
<a href="#">Hard Plank</a>	Max 2 min, how long could you hold this test? Which leg did you start with? What did you notice?	Core work, upper body tempo work			
<a href="#">Max Pushups</a>	How many pushups could you complete in a row at one time? How high were your hands? How was your arm position & trunk position? What got tired?	Core work, upper body tempo work			
<a href="#">Standing Broad Jump</a>	How far could you jump in inches? Could you stick the landing?	Lower body tempo work, single leg work, 4rd phase power work			
Rockport 1 Mile Submax Test <a href="#">Watch</a> <a href="#">Read</a>	Record time, final minute HR, and resulting estimate VO2 max	Breathing efficiency at rest & in training, following cardio recommendations			
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*:

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Determine what areas *need improvement*:

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### **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?

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Need help? Email [steph@empoweredperformance.ca](mailto:steph@empoweredperformance.ca) to set up a quick 10 min call to see if and how I might be able to help you further.