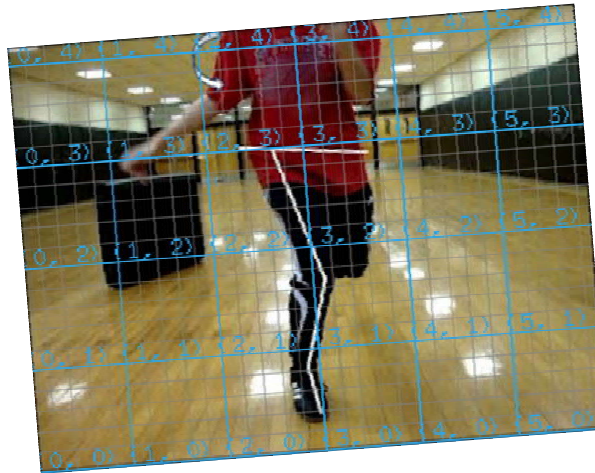
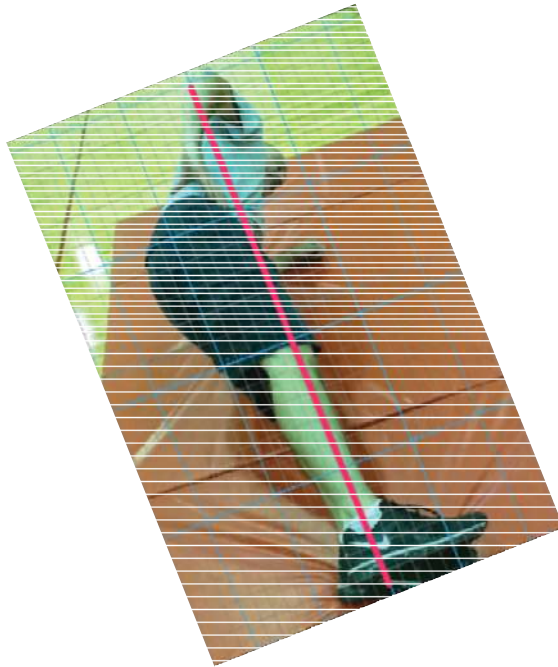


# Physical Competency Assessment...

How  
Well  
Do

YOUR Students  
Move??



Presented by Elizabeth Public Schools Physical Education Department  
*NJAHPERD Convention 2018*

## Part 1: **WHY** the PCA?



Measuring something relevant?...Or just chasing #s?







# A Disconnect?



# But what's the research saying??...

- ***The Effects of Exercise for the Prevention of Overuse Anterior Knee Pain***
- Coppack, AJSM 6-11.
  - Proficiency on 3 PCA tests (note: PCA is not mentioned by name) is associated with a 75% reduction in the incidence of anterior knee pain in military recruits.
- ***Physical Proficiency Abilities*** Fleishman '84, Magill '11.
  - play a foundational role in the performance of motor skills...influence the potential for achievement in specific motor skills.
  - Valid & reliable tests to measure physical proficiency are keys to motor learning success.
- ***Pain and motor control: From the laboratory to rehabilitation*** Hodges, JEK 2-11
  - “based on clinical and experimental data argues that: activity is redistributed within and between muscles rather than stereotypical inhibition or excitation of muscles”

## Confused??...

Movement, like music- It's what's between the notes that counts!



## Part 2: **HOW**

The PCA Tests Linkages & Connections,



NOT Links & Connectors



The PCA doesn't try to split hairs!



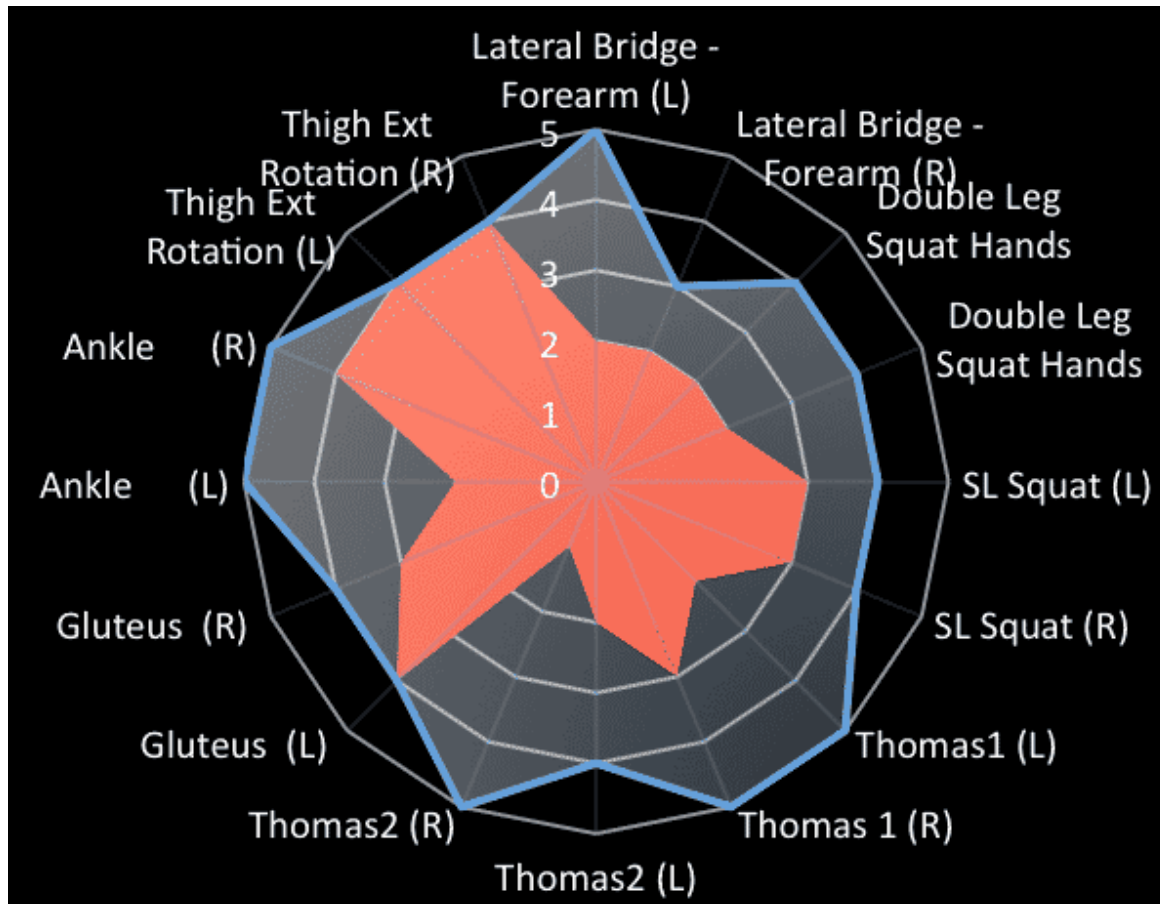
Consistency between Testers



The PCA asks,  
Where are we on our journey?



The physical competency Assessment is **YOU** vs **YOU**





# Part 2: *What*

## The tests

### Parallel Squat Test- *lower extremity assessment*



Starting Position:



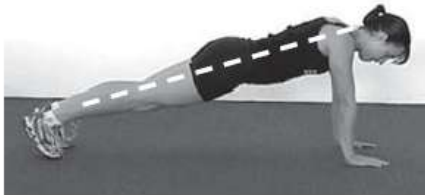
Finish Position (Hold after 10 repetitions)

## Push Up – Standard (Movement efficiency)

10 repetitions

- Athlete sets the Shoulder Blades down and back and supports the weight on Hands and Feet. Hands placed in a comfortable position, Fingers forward.
- Full body braced.
- Lower the Chest to floor and return.
- Trunk remains fixed and straight at all times.
- Head in neutral position at all times.
- **Main 5 Scoring Points.** Executing all 5 points scores 5.
  - Chest to touch floor
  - Body remains straight and braced.
  - Head remains in neutral position.
  - Shoulder blades flat on ribcage
  - Elbows tight to ribs.

**Push Up - Standard**  
Correct start position



**Push Up - Standard**  
Correct position from side.  
Straight line.  
Elbows close to Ribs.



**Typical errors in technique** – incorrect technique – do not continue

**Push Up - Standard**  
Collapsed Hips



**Push Up - Standard**  
Loss of Head alignment



**Push Up - Standard**  
Hips too high



**Push Up – Standard**  
Elbows too wide



Lunge - Forward and Return (Movement efficiency)

10 repetitions- 5R/5L

Exercise	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
Lunge Forward & Return	See Main 5 scoring points				

- Bare feet
- Athlete steps forward raising lead Thigh parallel to the floor (step over opposite Knee).
- Step long; land and lower rear Knee to brush the floor.
- Push back to start position.
- **Main 5 Scoring Points.** Executing all 5 points scores 5.
  - Step over opposite knee without any collapse at waist (waistband level)
  - Step over opposite knee without support Leg flexing.
  - Chest faces wall- not floor for 5R/5L lunge and return
  - Ankle, Knee and Hip aligned at landing (Shin remains vertical)
  - Land & return to start smoothly, quickly, and in balance 5x each leg.


Lunge  
Correct alignment at mid-stride.  
Step over opposite Knee.  
Full extension of support Leg.




Lunge  
Correct alignment at contact.



Lunge  
Correct alignment – front view.  
Ankle, Knee and Hip aligned




Lunge  
Correct alignment.  
Waistband level.  
Shin vertical at pull-through.



Typical errors in technique – incorrect technique – mark from scoring tables


Lunge  
Loss of Trunk alignment



Lunge  
Loss of 'cocked Foot' position.



Lunge  
Loss of Ankle, Knee, Hip and Trunk alignment.



*Elizabeth P.E. Dept*

*Train Like Reilly  
Series*

**SWAY TEST**

### Main 5 Scoring Points

Executing all 5 points scores 5

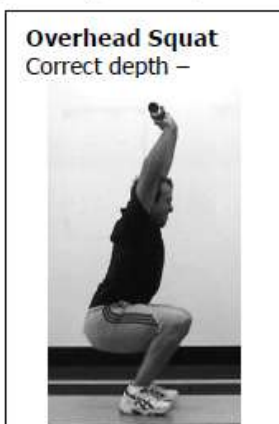
- Head does not touch rope
- Chest faces wall- not floor
- Feet do not stutter step
- Feet point straight ahead (*slight* toe out ok)
- Repeat 5x each side (10 total) without error

## Overhead Squat 1 – (Thighs to parallel)

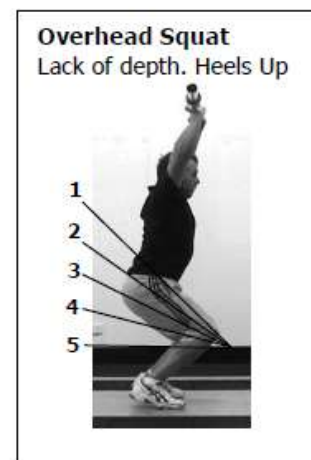
Assess movement efficiency before attempting repetitions (movement consistency).

Exercise	Desirable	Above Average	Average	Below Average	Poor
	5	4	3	2	1
Overhead Squat 1 – (Thighs to parallel)	See Main 5 scoring points				
	10 reps	9-8	7-6	5-4	Less than 4

- Bare Feet
- Broomstick / light bar overhead, Arms straight.
- Arms in line with Ears.
- Hands just outside Shoulder width.
- Head up / Chest up.
- Feet at Shoulder width.
- Heels down (maintain).
- **Main 5 Scoring Points (Depth)** Executing all 5 points scores 5.
  - Depth – Thighs parallel to the floor.
  - Ankle, Knee, Hip alignment (Knees don't collapse in or Feet don't turn or collapse).
  - Equal stance on both legs (Hips don't swing to favour one side).
  - Heels down
  - Back straight.
- Butt out and Squat to parallel (**Mark 1**).



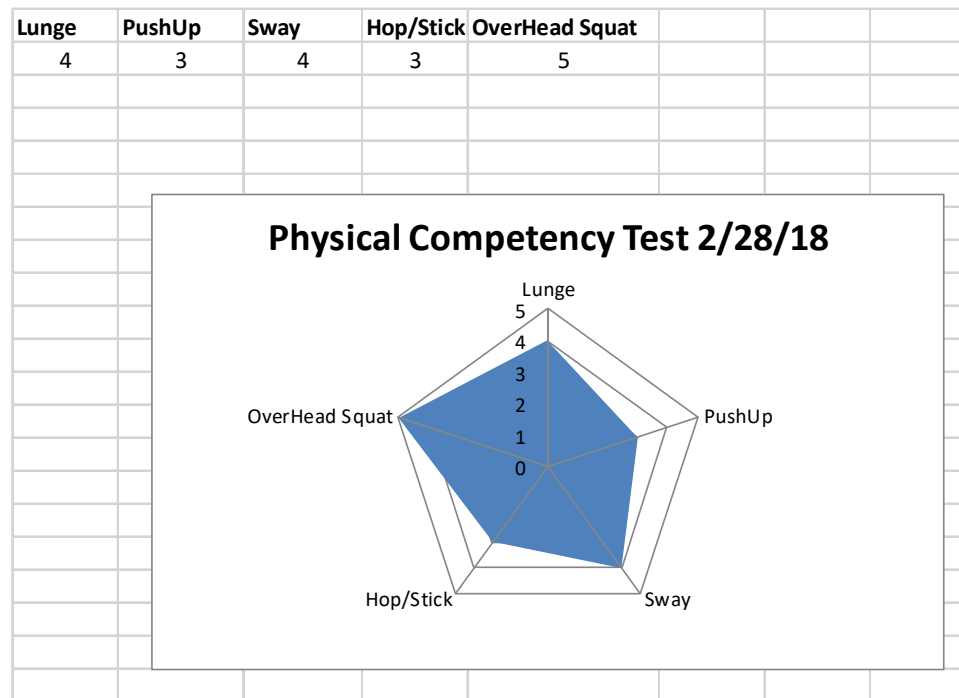
**Typical errors in technique** – incorrect technique – do not continue to loaded exercise





## Scoring the PCA using the Excel Burst Graph:

## What's YOUR Envelope?



# Epilogue: Solving Movement Problems

# PLAY!

