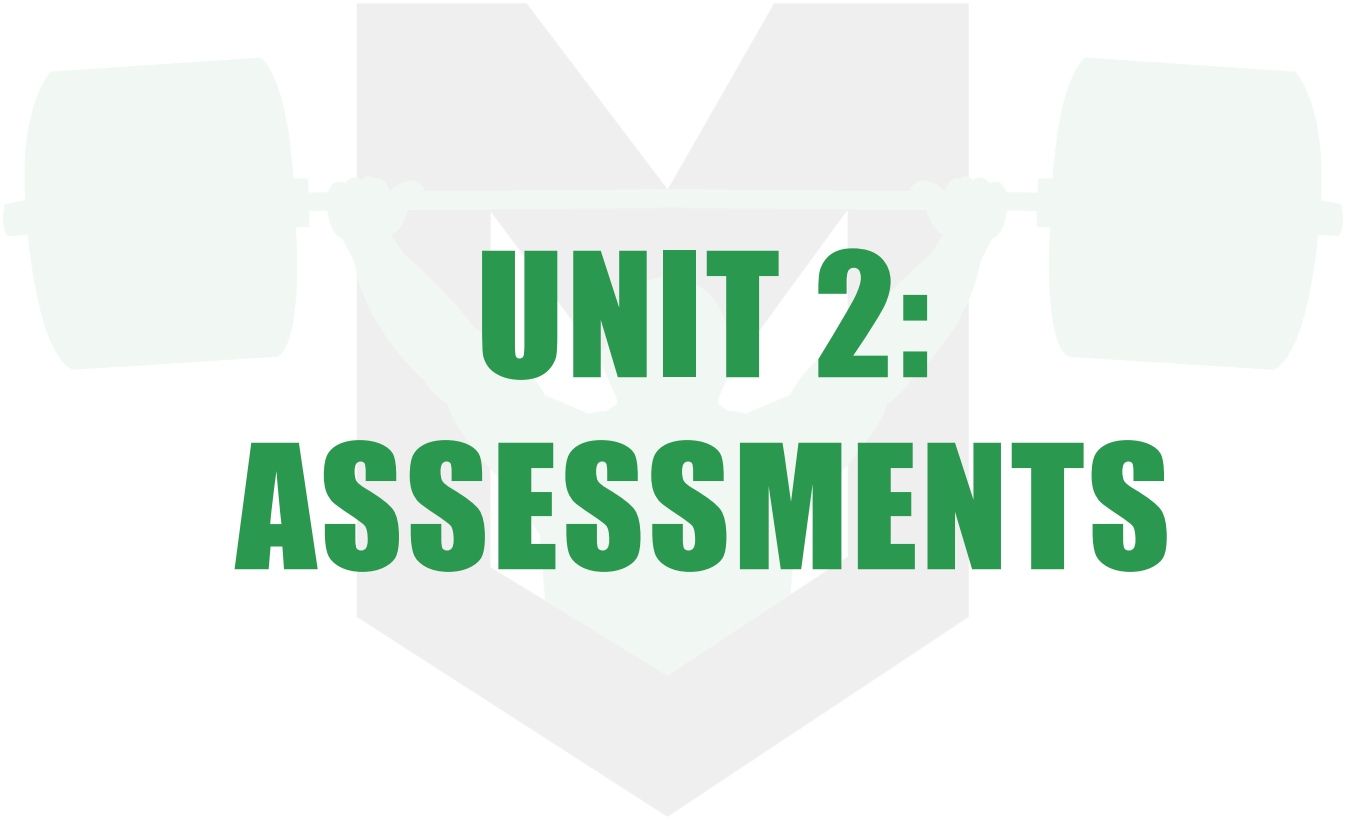

UNIT 2: ASSESSMENTS

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Video 2 - Basic Assessment: Introduction

A. The Importance of an Assessment
    a. Covers you as the coach
    b. Allows you to get to know your athletes
    c. Starts the 'buy-in' process
B. Steps of an Assessment
    a. Athlete Intake
        i. Who they are
            1. Are they already active?
            2. Are they a 40 year old accountant who sits at a desk all day?
            3. Are they a 12 year old kid who hasn't been exposed to exercise
        ii. Consent and Liability Release
        iii. Medical History
        iv. Goal Setting - What the athlete wants (not the parent)
            1. Determine their top three goals
            2. Write the goals down
            3. Develop a plan based on those goals
                a. Be specific
                b. What are the small things outside of the gym/sport the athlete can do to support those goals
            4. Put the plan in action
            5. Review Goals
                a. Daily, weekly, monthly, yearly
                b. Personal accountability
                c. Make sure actions are still matching goals

**See sample PAR-Q, Medical History, Goal Settting Forms

Video 3 - Basic Assessment: Bodyweight Squat

A. 5 Basic Movement Assessments (1:58)
    a. Bodyweight Squat
    b. Hinge
    c. Push-up
    d. Pull-up
    e. Lunge
B. Bodyweight Squat (4:22)
    a. An individual's anatomy will determine actual foot position, but a good place to start is the following:
        i. Feet shoulder width apart to allow the hips to sit between the ankles
        ii. Feet pointed straight forward because sports are played with feet in that position
            1. They should be able to squat to parallel or below, but if not, that is when we will turn the feet out slightly
        iii. Knees track with the first two toes
            1. Valgus - knees come in
            2. Varus - knees go too far out
        iv. Reach Depth (Full Range of Motion)
            1. Weightlifter - hamstrings sit on the calves
            2. Sport (ex. football) - parallel or below
            3. Powerlifting - parallel or below
        v. Vertical Torso
        vi. Neutral Spine
    b. ABSOLUTES (6:51)
        i. Neutral Spine
        ii. Knees too far out or in
        iii. Squat too shallow

c. Regressions (8:22)
    i. Fixing Knees Coming In (9:46)
        1. Continue to do bodyweight squats or to a box
        2. Ideally, use an adjustable leather strap that is adjusted for exactly where the athlete's knees need to track perfectly over the toes when they press against it
        3. Have them do a few reps daily **frequency will trump almost everything when it comes to movement patterns and mobility*
    ii. Fixing Knees Going to Far Out (11:47)
        1. Continue to do bodyweight squats or to a box
        2. Use A Ball that is large enough to allow the knees to track perfectly over the toes when they press against it
        3. Have them do a few reps daily **frequency will trump almost everything when it comes to movement patterns and mobility*
    iii. Fixing Shallow Depth (13:25)
        1. Frequency trumps everything
        2. Using loaded movements
            a. Slow eccentric goblet squats with a pause in the bottom taking deep breaths. Holding the kettlebell in the goblet position in the bottom of a squat will automatically cause the spinal extensors to activate. Spinal extension is imperative to squats.
            b. Slow eccentric potato sack squats with a pause in the bottom taking deep breaths.
            c. Using a box
                i. Helps the body to familiarize itself with the movement pattern and can be accomplished in a single training day.

iv. Fixing the Lack of a Neutral Spine (17:30)
    1. Core stability - core is every single muscle that supports the spine and pelvis
        a. In relation to the squat and neutral spine, it is the spinal extensors that are the most important
        b. Proper cues
            i. Shoulders back and down (packing shoulders)
            ii. Learn to brace by taking a deep breath and holding it as if someone were about to punch you in the gut
            iii. Sit down (vs bending over)
        c. Kettlebell Holds
            i. When the weight is in front, the spinal extensor demand has been increased which, in turn, activates them automatically.
v. Fixing Lack of Vertical Torso (22:18)
    1. Very similar to the ways to fix the neutral spine
    2. Refers mainly to how you've done the squat (ex. Horizontal torso in powerlifting squat i.e., sitting back vs vertical torso in weightlifting squat i.e., sitting down)
    3. Keeps pressure off the back and is the functional position to be in.
    4. Slow eccentric potato sack squats with a pause in the bottom taking deep breaths.

**See Squat Assessment Checklist

Foot width is ultimately determined by where can you sit the lowest while maintaining a vertical torso

Video 4 - Basic Assessment: Hinge

A. Importance of Hinging Properly
    a. Bend at the hip with no flexion of the back
    b. Athletic position
    c. Healthy for your spine
    d. Stronger if playing sports
B. Learning to Hinge Properly (1:28)
    a. Takes place at the hip
    b. Knees slightly bent
    c. Feet shoulder width apart
    d. Knees in line with the toes
    e. Feet straight ahead but can be slightly turned out
    f. Hips go back as the athlete bends over maintaining extension of the spine (no rounding of the back)
    g. Maintain neutral spine throughout movement
    h. Reaching depth (ideally parallel to the floor or upper body is at a 90 degree angle in relation to the legs)
C. ABSOLUTES (3:23)
    a. Neutral Spine
    b. Good Depth
D. Regressions (3:55)
    a. Kettlebell Hinge
        i. Grab the kettlebell by the horns (horn side up), pull it to your belly button, squeezing the shoulder blades back automatically, and initiate the hinge movement while keeping the kettlebell pulled against the belly button.
        ii. Frequency is important. Add it into warm ups.

**See Hinge Assessment Checklist

Video 5 - Basic Assessment: Push-up

A. Teaching the Push-up (1:22)
    a. Start at the top
    b. Hands should be straight down from the shoulders
    c. Legs and torso form a plank
    d. Balls of the feet
    e. Elbows in during the descent
    f. Chest touches the ground
    g. Legs and torso remain connected throughout movement
        i. Fault could be poor core stability or dysfunctional movement pattern
    h. Neutral spine
B. ABSOLUTES (3:10)
    a. Chest touches the ground
    b. Maintain a plank position
C. Regressions (3:58)
    a. Fixing inability to touch chest to the ground
        i. Dumbbell bench press to just get stronger
        ii. Standing band presses adds core stability to the strength component
    b. Push-up Progressions
        i. On knees
        ii. Using bands
        iii. Upper body to an elevated surface
    c. Frequency!!!

Video 6 - Basic Assessment: Pull-up

A. Teaching the Pull-up (0:58)
    a. Hands shoulder width apart
    b. Pronated (overhand grip) is the most functional
    c. Hollow body (body is one unit)
    d. Pull chin above the bar (preferably chest touches bar)
    e. Neutral spine
    f. Full grip (no false grip)
B. ABSOLUTES (3:30)
    a. Chin above bar
    b. Neutral spine
    c. No kipping (maintain strict movement)
C. Regressions (4:17)
    a. Bands
        i. Can be a crutch and hard to progress toward a strict pull-up
    b. Tempo
        i. Isometric hold at the top **increase hold time as it gets easier*
        ii. Slow eccentrics of 10+ seconds
    c. Horizontal Rows
    d. Partner assisted pull-ups

Video 7 - Basic Assessment: Lunge

A. Teaching the Lunge (0:21)
    a. Eyes straight ahead
    b. Neutral spine
    c. Front shin should be vertical
    d. Vertical torso
    e. Stable knee tracking over first two toes
    f. Step out with the right leg and go down until the back knee either touches lightly or almost touches
    g. Step back to start position
    h. Repeat on the left leg
B. Importance of the Lunge (1:50)
    a. Stability in knees and hips
    b. Symmetry (left vs right)
C. ABSOLUTES (2:54)
    a. Stable knee
    b. Stable hip
    c. Neutral spine
D. Regressions (3:40)
    a. Step-up series
        i. Knees track toes
        ii. Can control eccentrics (lowering part of movement)
        iii. Start at 4-6” box and increase height to where hip is below the knee
        iv. Learn to do the step up without pushing off with the bottom foot
            1. Lift toe with only the heel touching of the bottom foot
            2. Push with foot that is on the box only
    b. Side planks
        i. Teaches the body how to maintain neutral
        ii. Teaches the body to use all the muscles that support the spine and pelvis in unison with the legs
        iii. Strengthens the obliques which help control stability

**See Lunge Assessment Checklist