

Smashing Balls Physical Assessment

Student:

Date:

Test	Criteria	Pass/Fail	If fail - correct	
Pelvic Rotation:	torso stable	y/n	Stability	
	pelvis rotary mobility	y/n	Mobility	
Golf Posture	Neutral	y/n	Core	
	Excess arch	y/n	Core	
	Rounded shoulders	y/n	Mobility	
Torso Rotation	pelvis keeps stable	y/n	Stability	
	torso rotary movement smooth	y/n	Mobility	
Overhead Deep Squat	arms overhead at ear level	y/n	Mobility	
	thighs parallel to floor or greater	y/n	Coordination	
	Knees stay in line	y/n	Stability	
	Maintain Balance	y/n	Balance	
Overhead Deep Squat -	thighs parallel to floor or greater	y/n	Coordination	
Fingers behind neck	Knees stay in line	y/n	Stability	
	Maintain Balance	y/n	Balance	
Single Leg Balance	eyes open > 30	y/n	y/n	Balance
	eyes closed > 15	y/n	y/n	Balance
	Thigh parallel to ground	y/n	y/n	Balance
	Upper body still	y/n	y/n	Balance
Toe Touch	Legs stay straight	y/n	Mobility/Core	
	Fingers touch toes	y/n	Mobility/Core	

Notes: