

### 3 Step Female Athlete Movement Screen Scoring Sheet

Name: \_\_\_\_\_

Group: \_\_\_\_\_

Age: \_\_\_\_\_

#### Test 1:

##### Single Leg Squat (Right)

Lumbopelvic Control \_\_\_\_\_

Hip Control \_\_\_\_\_

Leg Alignment \_\_\_\_\_

Depth \_\_\_\_\_

##### (Left)

Lumbopelvic Control \_\_\_\_\_

Hip Control \_\_\_\_\_

Leg Control \_\_\_\_\_

Depth \_\_\_\_\_

#### Test 2:

##### Forward Jump and Land (Right)

Lumbopelvic Control \_\_\_\_\_

Hip Control \_\_\_\_\_

Leg Alignment \_\_\_\_\_

Depth \_\_\_\_\_

##### (Left)

Lumbopelvic Control \_\_\_\_\_

Hip Control \_\_\_\_\_

Leg Control \_\_\_\_\_

Depth \_\_\_\_\_

#### Test 3:

##### Lateral Jump & Land (Right)

Lumbopelvic Control \_\_\_\_\_

Hip Control \_\_\_\_\_

Leg Alignment \_\_\_\_\_

Depth \_\_\_\_\_

##### (Left)

Lumbopelvic Control \_\_\_\_\_

Hip Control \_\_\_\_\_

Leg Control \_\_\_\_\_

Depth \_\_\_\_\_