NORTH, WEST AND HEBRIDES
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# FWMF Profiling for Adventure Performance Event (18:00, Thursday 13th February 2025)

## Attendee Journey

**Arrival**
- Sign in
- Complete PARQ & Photo Consent
- Recieve personal record sheet

**Introduction**
- Overview of profiling process and assessments
- Questions

**Break**
- Getting changed
- Personal warm up if desired
- Individual questions

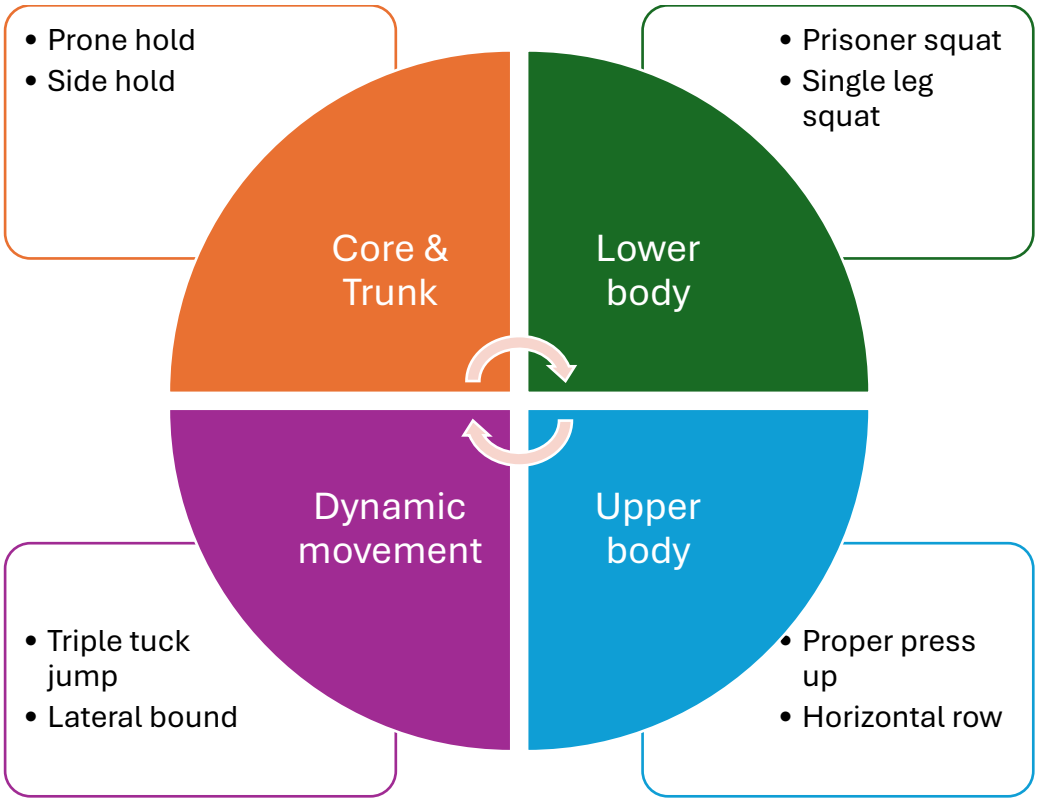
**Profiling assessments**
- Core & Trunk
- Lower body
- Upper body
- Dynamic movement

**Break**
- Return record cards
- Getting changed

**Conclusion**
- Review
- Interpreting your profile
- other BSH APC offering

**End**
- Recieve individual reports
- Depart

# Profiling Assessment Stations




# Assessment detail and scoring

All assessments are scored against criteria resulting in a score out of 3.

3 = all aspects competed well

2 = able to complete movement task with some compensation.

1 = partially able to complete movement task.

0 represents that a participant was unable to attempt the assessment or experienced pain during the assessment. If you get an unexpected or unexplained 0 for an assessment it may be worth exploring why with the help of a medical professional.

## Trunk strength endurance

### Why?

Transferring force through and across the body. Maintaining technique and posture under fatigue. Some evidence that lacking musculature endurance in the trunk muscles can increase the likelihood of back pain and injury.

## How?

Prone hold and side hold. Held for a target time of 2min in each position.

*Prone hold*

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Spine posture | Remains neutral for entire 2 min | Neutral but not for full 2min, corrected with cuing | Unable to attain correct position despite cuing |
| Shoulder alignment | Shoulders retracted for entire 2 min | Shoulders retracted but not for full 2min, corrected with cuing | Unable to attain correct position despite cuing |
| Hip / Pelvis alignment | Pelvis neutral and hips extended for entire 2 min | Pelvis neutral and hips extended but not for entire 2 min, corrected with cuing | Unable to attain correct position despite cuing |

*Side hold*

Score separately for left and right sides.

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Spine posture | Remains neutral for entire 2 min | Neutral but not for full 2min, corrected with cuing | Unable to attain correct position despite cuing |
| Shoulder alignment | Shoulders retracted for entire 2 min | Shoulders retracted but not for full 2min, corrected with cuing | Unable to attain correct position despite cuing |
| Hip / Pelvis alignment | Pelvis neutral and hips extended for entire 2 min | Pelvis neutral and hips extended but not for entire 2 min, corrected with cuing | Unable to attain correct position despite cuing |

# Lower body strength and mobility

## Why?

Most activities require force production from the lower body. Effective force production through the required range of movement contributes to performance and reducing injury.

## How?

Prisoner squat assessment – A great way to assess whole body coordination and mobility. Follow up assessment can highlight specific areas of limited mobility to address.

Single leg squat assessment – Allows the assessment of force production without the use of additional external loading. Gives a lateral comparison that can highlight imbalances.

*Prisoner squat*

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Spine posture | Neutral for all repetitions | Neutral for most repetitions, able to correct with coaching | Unable to attain correct position despite cuing |
| Knee Tracking | Knees track in line with toes on all repetitions | Knees track in line with toes for most repetitions, able to correct with cuing | Lack of control of knee tracking despite cuing |
| Squat depth | Full depth (top of patella below hip crease) on all repetitions | Full depth on some repetitions, or thigh parallel to ground on most repetitions | Unable to get thigh parallel to the ground whilst maintaining neutral spine. |

*Single leg squat*

Score separately for left and right legs.

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Spine posture | Neutral for all repetitions | Neutral for most repetitions, able to correct with coaching | Unable to attain correct position despite cuing |
| Knee Tracking | Knees track in line with toes on all repetitions | Knees track in line with toes for most repetitions, able to correct with cuing | Lack of control of knee tracking despite cuing |
| Squat depth | Full depth (top of patella below hip crease) on all repetitions | Full depth on some repetitions, or thigh parallel to ground on most repetitions | Unable to get thigh parallel to the ground whilst maintaining neutral spine. |

# Upper body strength

## Why?

Many activities also require force production, transfer and application via the upper body (even if just for balance). Stable shoulders in a range of positions underpin this. Maintaining a reasonable level of balance between strength in pushing and pulling movements may also help to reduce injury.

## How?

Proper press up assessment – allows assessment of upper body strength in pushing movements.

Horizontal row assessment - allows assessment of upper body strength in pulling movements.

*Proper press up*

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Spine posture | Neutral for all repetitions | Can hold neutral or able to correct with coaching but not for all repetitions, greater than 50% | Unable to attain correct position despite cuing, less than * repetitions |
| Shoulder alignment | Shoulders retracted for all repetitions | Shoulders retracted or able to correct with coaching but not for all repetitions, greater than 50% | Unable to attain correct position despite cuing, less than * repetitions |
| Elbow tracking | Elbows track between sides and 45 degrees for all repetitions | Elbows track between sides and 45 degrees but not for all repetitions, greater than 50% | Unable to attain correct tracking despite cuing, less than * repetitions |

*Horizontal row*

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| | | | |
| | | | |
| | | | |

## Dynamic movement

### Why?

Power production is important for many important movements and most often begins with dynamic extension of the hips. Being able to effectively land and absorb force is also valuable for performance and reducing injury.

### How?

Triple tuck jump assessment – allows the assessment of bilateral explosive force production, landing mechanics.

Lateral bound assessment – allows assessment and comparison of power production and landing mechanics between sides and in a lateral direction.

*Triple Tuck Jump*

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Landing position | Lands in 'power position' all repetitions | Minor deviations from power position on landing | Major deviations or loss of balance on landing |
| Triple extension | Full hip extension all repetitions | Full hip extension on some repetitions | Unable to fully extend hips |

| | | | |
|---|---|---|---|
| Tuck | Full tuck all repetitions | Full tuck on some repetitions | Unable to get into full tuck |

*Lateral bound assessment*

| Assessment Items | 3 | 2 | 1 |
|---|---|---|---|
| Landing position | Lands all repetitions in power position | Lands some repetitions in power position | Significant loss of posture and/or knee alignment |
| Balance & coordination | In balance and control of positioning throughout | Minor loss of balance and control, wobble / adjustment step | Major loss of balance / control. E.g. other foot down, fall |
| Ground contact | Fast contact on all repetitions | Pause on some repetitions | Pause on most repetitions / stops |