

Performance _____ Squat Skill Rubric Assessment _____

Advanced (A), Basic (B), Capable (C), and Developing (D)

Skill	Desired Action	Common Breakdown	Level*
Element 1: Lifter selects appropriate starting weight, performs adequate warm-up and maintains proper body position; Spotter in proper position			
A. Check Point	1. Correct starting weight; collars on bar 2. Appropriate warm-up 3. Review proper protocol for missing a lift	- Incorrect weight selection; no collars - Inadequate warm-up - No review for missing a lift	
B. Ready Position	1. Bar rests on shoulders and upper back 2. Body aligned at the center of the bar 3. Head is tilted upwards with eyes forward 4. Feet position wider than shoulder width	- Bar positioned near neck - Barbell position off-center - Head facing downwards - Feet position is <u>at or</u> inside shoulder width	
C. Grip Placement	1. Grasp bar with closed pronated grip slightly wider than shoulder width 2. Maintain stiff wrists 3. Elbow position directly under bar	-Improper grip placement or open grip -Wrists relaxed & extended -Elbow position drifts behind bar	
D. Spotter Prep	1. Stand close to lifter 2. Check lifters grip position 3. Remain focused on lifter	-Improper spotter position -Fails to check proper grip -Inattentive behavior	
Element 2: Lifter uses proper exercise technique to safely perform the exercise and complete the lift; Spotter assists when needed			
A. Downward Phase	1. Full inhalation prior to lift 2. Lower bar from starting position in a curvilinear pattern by flexing hips and knees 3. Maintain an upright torso with chest out and shoulders back 3. Maintain control of bar 4. Elbows remain under bar, knees remain behind toes and feet remain flat on floor 5a. Continue to flex knees and hips until thighs are parallel to floor 5b. More advanced lifters can continue to flex knees and hips until the crease of the flexed hip drops below the height of the flexed knee	-Inadequate inhalation -Improper bar decent and incorrect movement of hips and knees -Trunk begins to round or flex forward -Lack of bar control -Elbows do not stay under bar; knees drift ahead of the toes; or heels rise off floor -Thighs are not lowered to proper depth for skill of lifter	
B. Upward Phase	1. Exhale as the hips and knees extend 2. Drive the bar back to the starting position following the same bar path while maintaining an upright torso 3. Maintain bar control with elbows under bar, knees behind toes, and feet flat on the floor 4. Maintain firm grip and upward pressure from the elbows and hands until bar is racked	- Inadequate exhalation - Trunk begins to round or flex forward - Elbows drift behind bar, knees move forward or heels rise from floor - Grip and upward pressure are not maintained until bar is safely racked	
D. Spotter Assist	1. Guide bar to start position 2. Follow path of bar with full spot with supine grip from behind and over the shoulder, or behind and under the shoulder 3. Guide bar to rack then into rack cups when lift is complete 4. Rack call by spotter (or lifter) when appropriate during lift	-Inadequate assistance -Improper hand position, and/or lack of spotter contact with the bar -Bar is returned to rack cups before contact with rack -Spotter fails to identify improper technique	
Element 3: Lifter models exemplary behavior, demonstrates an appreciation of the skill, and follows safety procedures			
A. Demeanor	1. Models positive behavior and follows safety rules 2. Accepts constructive feedback 3. Gives good effort and is respectful of others	-Uncooperative and does not follow safety rules -Does not listen to feedback - Needs reminders to stay on task or interferes with others	
B. Appreciation	1. Lifter understands the technical aspects of the skill 2. Lifter enjoys demonstrating movement pattern efficiency	-Displays poor understanding of the skill -Inadequate effort and unappreciative attitude	

**ADAPTED FROM JIM MCFARLAND

Performance _____ Bench Skill Rubric Assessment _____			
Advanced (A), Basic (B), Capable (C), and Developing (D)			
Skill	Desired Action	Common Breakdown	Level*
Element 1: Lifter selects appropriate starting weight, performs adequate warm-up and maintains proper body position; Spotter in proper position			
A. Check Point	1. Correct starting weight 2. Appropriate warm-up 3. Proper technique	-Incorrect weight selection -Inadequate warm-up -Improper movement pattern	
B. Ready Position	1. Eyes below racked bar 2. Maintain 5 point body contact position 3. Chest tilted towards chin	-Eyes not directly below bar -Head, shoulders, hips or feet move from starting position -Chest tilt is not maintained	
C. Grip Placement	1. Grasp bar with closed grip wider than shoulder-width 2. Maintain stiff wrists 3. Squeeze bar to promote stability	-Improper grip placement or open grip -Wrists relaxed & extended -Relaxed grip	
D. Spotter Prep	1. Stand close to lifter 2. Check lifters grip position 3. Remain focused on lifter	-Improper spotter position -Fails to check proper grip -Inattentive behavior	
Element 2: Lifter uses proper exercise technique to safely perform the exercise and complete the lift; Spotter assists when needed			
A. Downward Phase	1. Full inhalation prior to lift 2. Lower bar from upper chest to lower chest 3. Maintain bar control 4. Elbows under bar 5. Forearms perpendicular to the floor & parallel to each other	-Inadequate inhalation -Improper bar path from upper to lower chest -Lack of bar control -Elbows do not stay under bar -Improper forearm position	
B. Touch Phase	1. Bar briefly remains motionless at the chest	-Bar "bounces" off chest or bar does not touch chest	
C. Upward Phase	1. Exhale as bar rises 2. Push bar upward until elbows are fully extended 3. Maintain five-point body contact position 4. Maintain grip until bar is racked	- Inadequate exhalation -Incomplete movement or improper bar path -Improper body contact or excessive back arch - Grip is not maintained until bar is safely racked	
D. Spotter Assist	1. Guide bar to start position 2. Flow path of bar with alternated grip position during movement 3. At finish, guide bar to rack then into rack cups 4. Rack call by spotter (or lifter) when appropriate during lift	-Inadequate assistance -Improper hand position during lift -Bar is returned to rack cups before contact with rack -Spotter fails to identify improper technique	
Element 3: Lifter models exemplary behavior, demonstrates an appreciation of the skill, and follows safety procedures			
A. Demeanor	1. Models positive behavior and follows safety rules 2. Accepts constructive feedback 3. Gives good effort and is respectful of others	-Uncooperative and does not follow safety rules -Does not listen to feedback - Needs reminders to stay on task or interferes with others	
B. Appreciation	1. Lifter understands the technical aspects of the skill 2. Lifter enjoys demonstrating movement pattern efficiency	-Displays poor understanding of the skill -Inadequate effort and unappreciative attitude	

**ADAPTED FROM JIM MCFARLAND