PHED 4910

KINESIOLOGY

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEMESTER/YEAR \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| # | Name/Description | Observations | | Proficiencies | |
|  | | Obs. 1 | Obs. 2 | Clinical Inst. | |
| Identify and Palpate Bony and Soft Tissue Structures (see attached description-details) | |  |  |  |  |
| 1 | Foot |  |  |  |  |
| 2 | Ankle |  |  |  |  |
| 3 | Knee |  |  |  |  |
| 4 | Hip/Pelvis |  |  |  |  |
| 5 | Lumbar Spine |  |  |  |  |
| 6 | Thoracic Spine |  |  |  |  |
| 7 | Cervical Spine |  |  |  |  |
| 8 | Head |  |  |  |  |
| 9 | Shoulder girdle/joint |  |  |  |  |
| 10 | Elbow |  |  |  |  |
| 11 | Wrist |  |  |  |  |
| 12 | Hand |  |  |  |  |
| Identify, Describe and Demonstrate Joint Movements | |  |  |  |  |
| 13 | Flexion/Extension/Hyperextension |  |  |  |  |
| 14 | Abduction/Adduction |  |  |  |  |
| 15 | Internal Rotation/External Rotation |  |  |  |  |
| 16 | Circumduction |  |  |  |  |
| 17 | Supination/Pronation |  |  |  |  |
| 18 | Inversion/Eversion |  |  |  |  |
| 19 | Plantarflexion/Dorsiflexion |  |  |  |  |
| 20 | Ulnar Deviation/Radial Deviation |  |  |  |  |
| 21 | Horizontal Abduction/Horizontal Adduction |  |  |  |  |
| 22 | Protraction/Retraction |  |  |  |  |
| 23 | Upward Rotation/Downward Rotation |  |  |  |  |
| 24 | Elevation/Depression |  |  |  |  |
| 25 | Lateral Bending |  |  |  |  |
| 26 | Trunk Rotation |  |  |  |  |
| Identify and Asses Neurological Responses | |  |  |  |  |
| 27 | Cranial |  |  |  |  |
| 28 | Dermatomes |  |  |  |  |
| 29 | Myotomes |  |  |  |  |
| 30 | Deep Tendon Reflexes |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| # | Name/Description | Observations | | Proficiencies | |
| Qualitative and Quantitative Assessment of Range of Motion | | Obs. 1 | Obs. 2 | Clinical Inst. | |
| 31 | Cervical Spine |  |  |  |  |
| 32 | Shoulder |  |  |  |  |
| 33 | Elbow |  |  |  |  |
| 34 | Wrist/hand |  |  |  |  |
| 35 | Thumb/fingers |  |  |  |  |
| 36 | Hip |  |  |  |  |
| 37 | Lumbar Spine |  |  |  |  |
| 38 | Knee |  |  |  |  |
| 39 | Ankle |  |  |  |  |
| 40 | Foot/toes |  |  |  |  |
| Postural Screening and Deviation Recognition | |  |  |  |  |
| 41 | Perform postural assessment |  |  |  |  |
| 42 | Identify and classify body types |  |  |  |  |
| 43 | Spinal Deviations |  |  |  |  |
| 44 | Pelvic obliquity |  |  |  |  |
| 45 | Tibial Torsion |  |  |  |  |
| 46 | Hip antiversion/retroversion |  |  |  |  |
| 47 | Genu valgum, varum, recruvatum |  |  |  |  |
| 48 | Rearfoot valgus, varus |  |  |  |  |
| 49 | Forefoot valgus, varus |  |  |  |  |
| 50 | Pes cavus, planus |  |  |  |  |
| 51 | Foot, toe positions |  |  |  |  |
| Analysis of Gait Patterns (Normal and Atypical) | |  |  |  |  |
| 52 | Describe the phases of gait using the traditional and Rancho Los Amigos definitions |  |  |  |  |
| 53 | Identify the key events and observational points of a normal gait cycle |  |  |  |  |
| 54 | Anatalgic gait |  |  |  |  |
| 55 | Arthrogenic gait |  |  |  |  |
| 56 | Ataxic gait |  |  |  |  |
| 57 | Contracture gait |  |  |  |  |
| 58 | Equinus gait |  |  |  |  |
| 59 | Gluetus Maximus gait |  |  |  |  |
| 60 | Gluetus Medius gait (Trendelenburg) |  |  |  |  |
| 61 | Hemiplegic or Hemiparetic gait |  |  |  |  |
| 62 | Psoatic gait |  |  |  |  |
| 62 | Short leg gait |  |  |  |  |
| 64 | Steppage/Drop Foot gait |  |  |  |  |
| Throwing Mechanics | |  |  |  |  |
| 64 | Overhand throw – pitch phases |  |  |  |  |
| 65 | Underhand throw – pitch phases |  |  |  |  |
| 66 | Football Pass |  |  |  | |
| # | Name/Description | Observations | | Proficiencies | |
|  | | Obs. 1 | Obs. 2 | Clinical Inst. | |
| 67 | Shot put |  |  |  | |
| Jumping Mechanics | |  |  |  | |
| 68 | Double leg – Broad jump |  |  |  | |
| 69 | Single leg – Basketball lay-up |  |  |  | |
| 70 | Single leg – Long jump |  |  |  | |
| Kicking Mechanics | |  |  |  | |
| 71 | Kicking –Football |  |  |  | |
| 72 | Kicking - |  |  |  | |
| Golf Swing | |  |  |  | |
| Tennis Serve | |  |  |  | |
| 73 |  |  |  |  | |
| 74 |  |  |  |  | |