

Kinesiology Practical Examination Rubric

Competency				F Grade	
Performing Muscle Length Test					
a. Patient Position	Student properly positioned patient as demonstrated in class.	Student is uncertain regarding the position of the patient, however, with coaching the student correctly positions the patient	Student incorrectly positions the patient as demonstrated in class, however, attempts to perform the muscle length test	Student incorrectly positions the patient even with coaching.	0
b. Instructions to Patient	Student clearly instructs the patient on the nature of the test and what is being performed.	Student is unclear as to delivering instructions to the patient when performing the test.	Student gives minimal instruction or explanation to the patient.	Student attempts to perform the test without instructing the patient.	0
c. Stabilization (if necessary) Class	Student stabilizes patient properly as demonstrated in class.	Student is uncertain regarding the stabilization, however, with coaching the student correctly stabilizes the patient	Student stabilizes the patient in the wrong position	Student attempts to perform the test without stabilizing the patient.	0
d. Performed Test Properly	Student performs the muscle length test properly as demonstrated in class by moving the body part in the proper direction.	Student is uncertain regarding the performance of the test, however, with coaching the student correctly performs the muscle length test	Student performs the test moving the body part in the wrong line of drive	Student attempts to perform the muscle length test but tests the wrong muscle.	0
e. Understanding of the Test	Student has a full understanding of the purpose of the muscle length test	Student is uncertain of the purpose of the muscle length test, however, with coaching the student recalls the understanding of the test.	Student has partial understanding of the muscle length test asked to perform	Student does not understand the purpose of performing the muscle length test, understanding of the test.	0
Performing AROM/ PROM Test					
a. Patient Position	Student properly positioned patient as demonstrated in class.	Student is uncertain regarding the position of the patient, however, with coaching the student correctly positions the patient	Student incorrectly positions the patient as demonstrated in class, however, attempts to perform the muscle length test	Student incorrectly positions the patient even with coaching.	0
b. Instructions to Patient	Student clearly instructs the patient on the nature of the test and what is being performed.	Student is unclear as to delivering instructions to the patient when performing the test.	Student gives minimal instruction or explanation to the patient.	Student attempts to perform the test without instructing the patient.	0
c. Stabilization (if necessary) Class	Student stabilizes patient properly as demonstrated in class.	Student is uncertain regarding the stabilization, however, with coaching the student correctly stabilizes the patient	Student stabilizes the patient in the wrong position	Student attempts to perform the test without stabilizing the patient.	0
d. Performed Test Properly	Student performs the AROM or PROM test properly as demonstrated in class. With PROM student establishes an end-feel	Student is uncertain regarding the performance of the test, however, with coaching the student correctly performs the test. With PROM student establishes an end-feel	Student performs the test moving the body part in the wrong directions. With passive ranges of motion gives an incorrect end-feel	Student incorrectly perform the AROM or PROM test even with coaching.	0
e. Understanding of the Test	Student has a full understanding of the purpose of the AROM or PROM test	Student is uncertain of the purpose of the AROM and PROM test, however, with coaching the student recalls the understanding of the test.	Student has partial understanding of the range of motion test asked to perform	Student does not understand the purpose of performing the AROM or PROM test. The student does understand the meaning of an end-feel.	0
Performing Muscle Testing					
a. Patient Position	Student properly positioned patient as demonstrated in class.	Student is uncertain regarding the position of the patient, however, with coaching the student correctly positions the patient	Student incorrectly positions the patient as demonstrated in class, however, attempts to perform the muscle length test	Student incorrectly positions the patient even with coaching.	0
b. Instructions to Patient	Student clearly instructs the patient on the nature of the test and what is being performed.	Student is unclear as to delivering instructions to the patient when performing the test	Student gives minimal instruction or explanation to the patient.	Student attempts to perform the test without instructing the patient.	0
c. Stabilization (if necessary) Class	Student stabilizes patient properly as demonstrated in class	Student is uncertain regarding the stabilization, however, with coaching the student correctly stabilizes the patient	Student stabilizes the patient in the wrong position	Student attempts to perform the test without stabilizing the patient.	0
d. Performed Test Properly	Student performs the muscle test properly as demonstrated in class. Student then correctly grades the muscle test.	Student is uncertain regarding the performance of the test, however, with coaching the student correctly performs the test. Student then correctly grades the muscle test	Student attempts to perform the test, however, the line of drive is incorrect. Student then incorrectly grades the test	Student incorrectly performs the muscle test and is unable to establish a muscle grade	0
e. Understanding of the Test	Student has a full understanding of the purpose of the muscle test and understands which muscles are being tested.	Student is uncertain of the purpose of the muscle test, however, with coaching the student recalls the understanding of the test.	Student has partial understanding of the muscle test asked to perform	Student does not understand purpose of testing a specific muscle	0
Performing Regional Orthopedic Testing					
a. Patient Position	Student properly positioned patient as demonstrated in class.	Student is uncertain regarding the position of the patient, however, with coaching the student correctly positions the patient	Student incorrectly positions the patient as demonstrated in class, however, attempts to perform the muscle length test	Student incorrectly positions the patient even with coaching.	0
b. Instructions to Patient	Student clearly instructs the patient on the nature of the test and what is being performed.	Student is unclear as to delivering instructions to the patient when performing the test.	Student gives minimal instruction or explanation to the patient.	Student attempts to perform the test without instructing the patient.	0
c. Stabilization (if necessary) Class	Student stabilizes patient properly as demonstrated in class	Student is uncertain regarding the stabilization, however, with coaching the student correctly stabilizes the patient	Student stabilizes the patient in the wrong position	Student attempts to perform the test without stabilizing the patient.	0
d. Performed Test Properly	Student performs the regional orthopedic test properly as demonstrated in class.	Student is uncertain regarding the performance of the test, however, with coaching the student correctly performs the test.	Student attempts to perform the test, however, the student performs the incorrect test.	Student performs the wrong regional orthopedic test	0
e. Understanding of the Test	Student has a full understanding of the purpose of the regional orthopedic test understanding the pathology the test is assessing.	Student is uncertain of the purpose of the orthopedic test, however, with coaching the student recalls the understanding of the test.	Student has partial understanding of the orthopedic test asked to perform	Student does not understand purpose of the regional orthopedic test asked to perform	0