

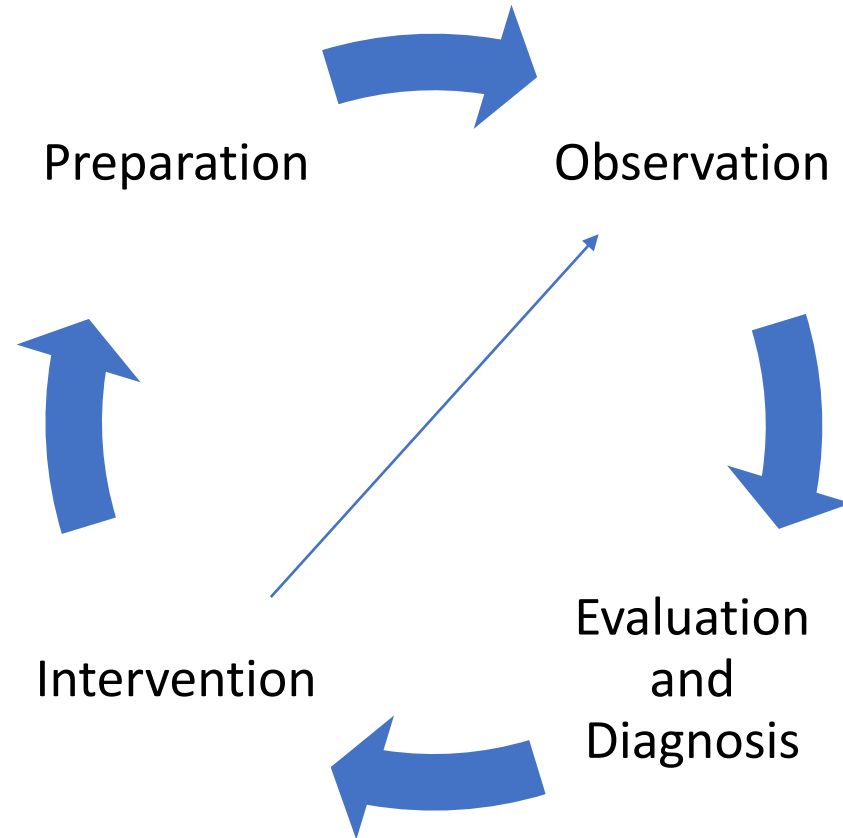


Assessing Movement Competence

Dr Dylan Blain



Qualitative Diagnosis of Human Movement



(Knudson, 2013)

Preparation — gathering relevant knowledge

- Knowledge of the activity
 - Identify critical features
 - Goal of the movement
- Knowledge of performers
- Relevant systematic observational strategies

Observation — developing a systematic observational strategy

- Implement observational strategy
 - Situation
 - Vantage points
 - Number of observations
- Extended observation

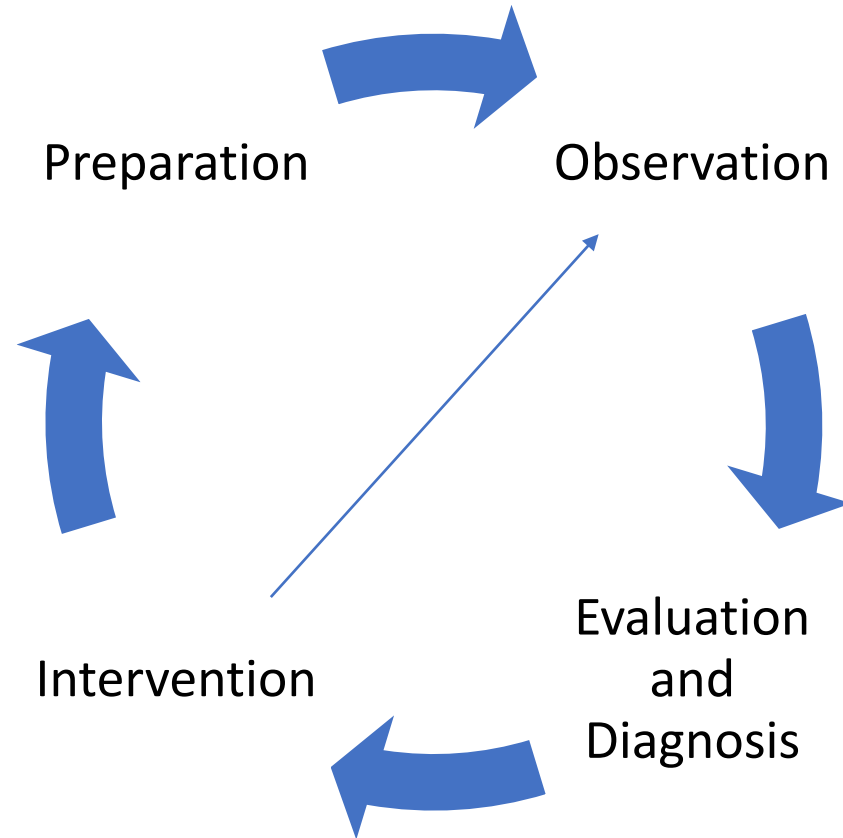
Evaluation and Diagnosis — Professional critical thinking

- Evaluation of performance
 - Range of correctness of critical features
 - Strengths
 - Weaknesses
- Diagnosis of performance
 - Prioritise weaknesses
 - Rationale of prioritising

Intervention — Strategies for improving performance

- Select appropriate intervention
 - Feedback
 - Visual models
 - Exaggeration
 - Modifying the task
 - Manual or mechanical guidance
 - Conditioning
- Principles for providing feedback
- Translating critical features into cues

Qualitative Diagnosis of Human Movement



(Knudson, 2013)

References

Knudson, D. V. (2013). Qualitative diagnosis of human movement: Improving performance in sport and exercise. Champaign IL: Human Kinetics.