

Back Health Assessment

Question	Answer	Rating
→ Frequency		
How many days per week do you engage in physical activity that is sufficiently prolonged and intense to cause sweating and rapid heart-beat?	At least 3 times Normally once or twice Rarely or never	5
→ Intensity		
When you engage in physical activity, do you have the impression that you:	Make an intense effort Make a moderate effort Make a light effort	2
→ Perceived Fitness		
In general fashion, would you say that your current physical fitness is:	Very Good Good Average Poor Very Poor	3
Total Score:		10

Normative Values	
Health Benefit Zone	Total Score
Excellent	9-11
Very Good	6-8
Good	4-5
Fair	1-3
Needs Improvement	0

Protocol	Lab Results - Max Score Achieved	Normative Value
Waist Circumference (cm)	75	< 80
Sit and Reach (cm)	48	Excellent: ≥ 41 Very Good: 37-40 Good: 33-36 Fair: 28-32 Needs Improvement: ≤ 27
Back Extension (sec)	158	Excellent: 180 Very Good: 136-179 Good: 102-135 Fair: 66-101 Needs Improvement: ≤ 65
Composite/Musculoskeletal Fitness (combined score for grip-strength, push-ups, sit and reach, partial curl ups, leg power, back extension)	29 rating = 4	Excellent: 4 Very Good: 3 Good: 2 Fair: 1 Needs Improvement: 0
Composite Back Fitness (combined scores of physical activity participation, waist circumference, sit and reach, partial curl ups, back extension)	30 rating = 4	Excellent: 4 Very Good: 3 Good: 2 Fair: 1 Needs Improvement: 0

Interpretation of Results: According to this assessment, this individual has excellent back health. The purpose of the above tests was to determine lower back flexibility, proper posture, and abdominal and back muscle strength and endurance. All of these are important components to all sports, including soccer. Poor back health predisposes athletes to a plethora of other injuries which results in inability to participate in the sport.