






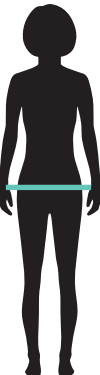







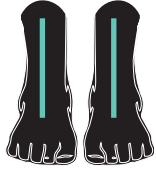
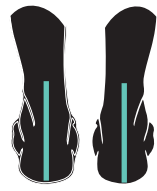
Self Assessment Tool



Canadian Association for the
Advancement of Women
and Sport and Physical Activity
Association canadienne pour
l'avancement des femmes
du sport et de l'activité physique



			Body Part	YES	NO
			Head		
 <p>Side View</p>	<p>Front View</p> 	 <p>Back View</p>	Side View <ul style="list-style-type: none"> Center of ear in line with the shoulder 		
			Front View <ul style="list-style-type: none"> Nose lined with centre of chest Eyes level 		
			Back View <ul style="list-style-type: none"> Neck in line with spine Head between shoulder blades 		
			Shoulders	YES	NO
 <p>Side View</p>	 <p>Front View</p>	 <p>Back View</p>	Side View <ul style="list-style-type: none"> Tip of shoulder lined up with the centre of the hip and ribs 		
			Front View: <ul style="list-style-type: none"> Both shoulders are at the same height 		
			Back View <ul style="list-style-type: none"> Shoulders are level Shoulder blades are not too far apart (winged) 		
			Hips	YES	NO
 <p>Side View</p>	 <p>Front View</p>	 <p>Back View</p>	Side View <ul style="list-style-type: none"> Hip Bone lined up with the middle of the shoulder Hip Bone lined up with the centre of the knee 		
			Front View <ul style="list-style-type: none"> Two front Hip Bones level <ul style="list-style-type: none"> Side to Side Up and Down Back to Front 		
			Back View (lying on their stomach) <ul style="list-style-type: none"> Creases under the bum should be lined up Bum Cheeks are level (one is not higher than the other) Hips are level 		

			Body Part	YES	NO
			Knee		
 <p>Side View</p>	 <p>Front View</p>	 <p>Back View</p>	Side View <ul style="list-style-type: none"> Both Knee caps in line with each other Knees small flex Knees slightly ahead of ankles (but not over toe) 		
			Front View: <ul style="list-style-type: none"> Knees facing forward Balance between both legs Upper leg parallel to each other 		
			Back View <ul style="list-style-type: none"> Creases of knee should be level Weight equal on both legs 		
			Ankles	YES	NO
 <p>Side View</p>	 <p>Front View</p>	 <p>Back View</p>	Side View <ul style="list-style-type: none"> Ankle bone lined up with the heel 		
			Front View <ul style="list-style-type: none"> In the middle of the foot Flat Foot 		
			Back View <ul style="list-style-type: none"> Achilles Tendon is straight up and down 		