

Appendix D

THE FUNCTIONAL MOVEMENT SCREEN EQUIPMENT LIST

- PVC pipe- (2) 10 foot pieces
- 4 PVC “T” bars
- 2 PVC end caps for the dowel
- 1 four foot: two inch by six inch board
- 1 tape measure
- 1 seven foot long string with clip for adjustment

EQUIPMENT UTILIZED

Four-foot long dowel

Hurdle- made of three, 2.5 foot long pieces of PVC

4 “T” bars

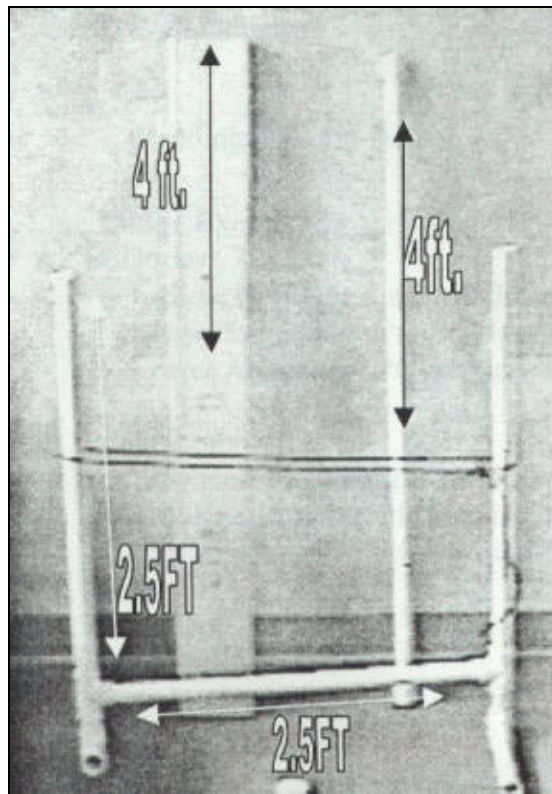
2 six-inch pieces for the base

2 $\frac{3}{4}$ inch pieces to connect the “T” bars

1 string with clip for adjustment

Four-foot long two-inch by six-inch board

Tape measure



(Athletic Testing Services, 2000, p. 25)