VCE Physical Education  
Units 3 and 4, 2025–2029

Functional Movement Assessment

Functional Movement Assessment (FMA) relates to VCE Physical Education (2025–2029)

This advice provides:

* health related fitness components and factors affecting aerobic power, muscular strength and endurance and flexibility
* functional movement assessment (FMA):
* physiological, psychological and sociocultural considerations
* pre-participation health screening
* informed consent
* assessment reliability, validity and accuracy

A Functional Movement Assessment (FMA) involves systematic planning, observation, and evaluation of movements. It provides an opportunity to analyse movement patterns and determine efficiency of movement in preparation for prescribing safe and effective exercises within a personalised activity plan. Movement assessment forms the basis for successful physical activity participation, injury management and prevention and functional independence.

From a sports perspective, an FMA can fill the gap between pre participation health screens and fitness or performance tests.

In Unit 2, the selected FMA should link to health-related fitness components and students should select appropriate assessment tools using physiological, psychological and sociocultural considerations of the individual they are assessing and the tools available in their learning environment.

An FMA provides students with the opportunity to deepen their understanding of the importance of movement competence throughout the life span for participation in physical activity and for functional living as well as prescribing movement to enhance the functioning of the body systems.

Students will build on their understandings of the musculoskeletal system in Unit 1 to expand their practical understandings of the interaction between the muscles, joints and bones in producing movement.

The FMA provides exploration of some concepts in Unit 3 and 4 from a participatory perspective. These concepts include but are not limited to:

* Qualitative skill analysis
* Fitness components
* Assessment protocols
* Reliability
* Accuracy
* Validity

Moreover, working with a client provides the opportunity for experience in effective communication while describing, demonstrating and prescribing movement. This interaction provides a key opportunity to practise the employability skills of communication, planning and organising, problem solving and technology.

Additionally, the FMA provides scaffolded industry links with the many health care professionals such as Physiotherapists, Osteopaths and Chiropractors who use movement assessment to effectively review movement competence, imbalances and treatment requirements.

The following steps can be used to undertake an FMA and to inform choices when prescribing a personalised activity plan:

1. Pre-participation health screen
2. Establish psychological, psychological and sociocultural considerations
3. Select assessment tools
4. Explain the process to the participant and gain informed consent
5. Prepare the assessment tools
6. Conduct the assessment using observation or digital recording
7. Evaluate the movement\*
8. Use the results to plan a personalised activity plan

While there is not a universally adopted FMA, there are many movement screens, some of which may inform student choices. Some readings and links are provided for teachers and students wishing to explore the concepts that have been brought together to develop the FMA.

Cook G, Burton L, Hoogenboom BJ, Voight ML. Functional movement screening: Fundamental movements as an Assessment of Function- Part 1. Int J Sports Phys Ther. 2014;

Cook G, Burton L, Hoogenboom BJ, Voight ML. Functional movement screening: Fundamental movements as an Assessment of Function- Part 2. Int J Sports Phys Ther. 2014;9(3):396-409.

[Top end sports](https://www.topendsports.com/#google_vignette)

[Movement Dynamics](https://www.movementdynamics.com/articles/)

\*Students may use a tool assessing criteria for effective movement, count the number of repetitions with good form, or use normative data as part of their evaluation