MOVEMENT QUALITY REPORT CARD

Movement quality is the efficiency, control, and fluidity of physical actions. It enhances coordination, strength, and motor skills, supporting healthy development. Improved movement quality boosts confidence, prevents injuries and fosters lifelong fitness habits, improving performance and well-being.

This report card offers objective, actionable feedback to help you move better and improve yourself.

Run Score: 60

Total Time:	2.02 s
MAX Speed:	6.5 m/s
AVG Speed:	4.96 m/s
AVG Step Distance:	1.43 m

Jump Score: 55

Jump Distance:	2.09 m
Air Time:	0.38 s
Jump Angle:	84.08°

Throw Score: 57

Throw Distance:	5.25 m
Throw Angle:	28.07°
Release Speed:	3.52 m/s

Athlete Profile:

Name:	
Date:	03/21/2025
Age:	Gender: Female
Height:	
Sport:	Basketball
School/Org:	
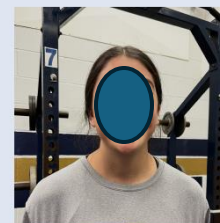
PERFORMANCE OVERVIEW

KEY

Student Best ►
Student Current ►
Cohort Range

RUN
JUMP
THROW
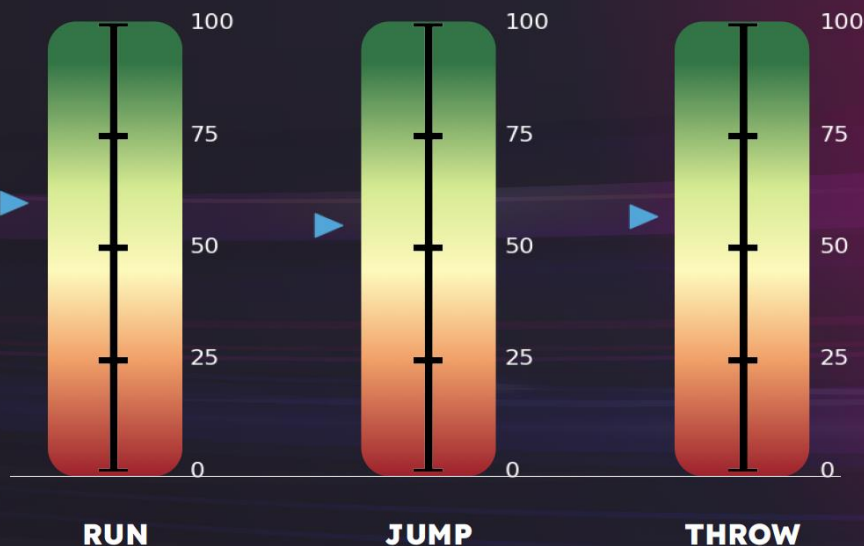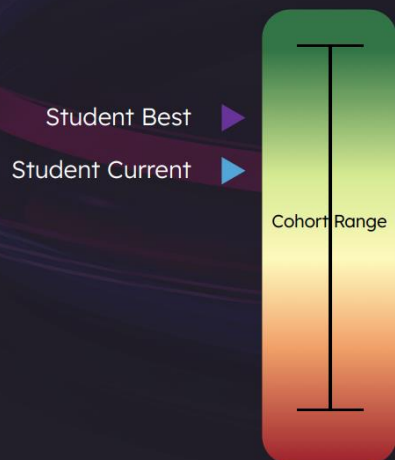
RUN REPORT - STEP QUALITY

Step quality refers to the efficiency, balance, and consistency of each step while running. It includes factors like foot placement, frequency, posture, and propulsion. Good step quality improves speed endurance and injury prevention by reducing unnecessary energy loss and impact stress, leading to smoother, more effective, and sustainable movement.

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Run Score: 60	MAX Speed: 6.5 m/s	AVG Speed: 4.96 m/s	Total Time: 2.02 s	=	Time (0-5m): 1.18 s	+	Time (5-10m): 0.83 s

TOE-OFF

TOUCHDOWN

PROPULSION
How well does the athlete generate momentum and forces in a horizontal direction

Speed at Toe Off (m/s)	6.46	6.29	5.81	5.34	4.92	4.42	3.90
Step Length (m)	1.75	1.56	1.56	1.37	1.22	1.13	1.14

COORDINATION
How efficient is the athlete at coordinating their limbs at speed

Toe Off Thigh Separation (angle)	88	95	94	95	92	95	90
Touchdown Knee Separation (angle)	48	37	42	44	40	52	36

CONTACT
How efficient does the athlete connect with the ground

Contact Distance (angle)	26	24	21	20	14	15	6
Leg Stiffness (kn/m)	9.97	10.26	12.27	11.20	15.20	10.76	

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JUMP & THROW REPORT

Jumping and throwing are fundamental movements in life, measuring coordination, strength, balance, and motor control. These skills reflect overall physical development, highlighting potential deficiencies and strengths. Proper execution enhances athletic ability, injury prevention, and confidence.
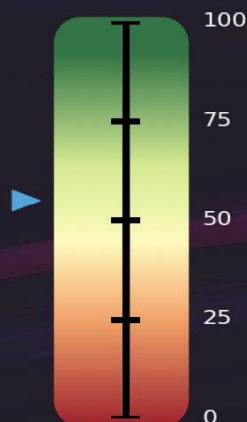
JUMP SCORE

Jump Distance:	2.09 m
Time in Air:	0.38 s
Trajectory Angle:	84.08°
Speed at Take-off:	2.12 m/s
Overall Score:	55

Distance: 2.09m

Frame 212 Touch Down

Frame 189 Stat Point

THROW SCORE
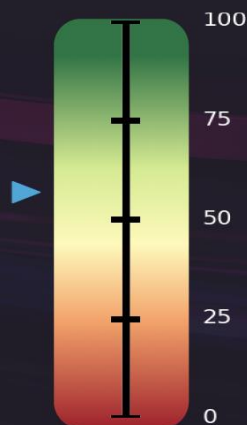
Throw Distance:	5.25 m
Trajectory Angle:	28.07°
Release Speed:	3.52 m/s
Overall Score:	57

Distance: 5.25m

The future of performance analysis, using AI-driven insights for enhanced performancce and injury prevention.

RECOMMENDATIONS

WHAT TO DO NEXT:

Based on the video analysis, here are the key areas of focus, and suggested interventions.

Please be guided by your Physical Education teacher or coach prior to attempting any suggested exercises.

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STRENGTHS:	DESCRIPTION:
RUN: Flight Time	
RUN: Touch Down Knee Separation	
JUMP: Trajectory Angle	

IMPROVEMENTS:	DESCRIPTION:	SUGGESTED EXERCISE:
THROW: Throw Angle		https://shorturl.at/9xtIX
RUN: Step Frequency		https://bit.ly/428vJnW
RUN: Toe-Off Thigh Separation		https://bit.ly/428vJnW

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