

FUNCTIONAL MOVEMENT SCREEN (FMS) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://functionalmovementscreen.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. What does the individual attempt to do with their elbow in the shoulder mobility clearing exam?**
 - A. Point it downward
 - B. Point it sideways
 - C. Point it upward
 - D. Point it backward
- 2. Which tests can be used to assess abdominal and trunk strength?**
 - A. Trunk flexor strength test and rotary stability test
 - B. Kendall and Richardson tests
 - C. Single-leg squat test and wall sit
 - D. Curl-up test and push-up endurance test
- 3. What is a primary reason for conducting FMS assessments prior to an athletic season?**
 - A. To determine the athletes' resting heart rate
 - B. To assess movement patterns and prevent injury
 - C. To evaluate strength levels
 - D. To measure body composition
- 4. What does a score of '3' indicate in the FMS?**
 - A. The individual has a pain response during the movement
 - B. The individual performs the movement incorrectly
 - C. The individual performs the movement correctly without compensations
 - D. The individual performs the movement with compensations
- 5. Which tests are commonly used to evaluate hamstring flexibility?**
 - A. Kendall's sit-and-reach test and 90-90 SLR test
 - B. Becker's flexion test and functional reach test
 - C. Active knee extension test and Thomas test
 - D. Modified sit-up test and plank test

- 6. Which of the following is NOT one of the seven movements assessed in the FMS?**
- A. Deep Squat
 - B. Inline Lunge
 - C. Single Leg Deadlift
 - D. Rotary Stability
- 7. Which of the following is NOT a consideration when scoring FMS tests?**
- A. Individual's prior injury history
 - B. Movement efficiency
 - C. Flexibility
 - D. Ability to perform without compensation
- 8. In addition to imbalance and injury, what is another issue associated with inefficient movement patterns?**
- A. Decreased coordination
 - B. Micro-traumatic breakdown
 - C. Aging
 - D. Flexibility deficits
- 9. How does the shoulder mobility clearing exam contribute to athletic performance?**
- A. By assessing grip strength
 - B. By identifying functional limitations
 - C. By measuring cardiovascular endurance
 - D. By testing balance and coordination
- 10. What FMS score indicates that a person completes the movement but must compensate in some way?**
- A. 0
 - B. 1
 - C. 2
 - D. 3

Answers

SAMPLE

1. C
2. B
3. B
4. C
5. A
6. C
7. A
8. B
9. B
10. B

SAMPLE

Explanations

SAMPLE

1. What does the individual attempt to do with their elbow in the shoulder mobility clearing exam?

- A. Point it downward
- B. Point it sideways
- C. Point it upward**
- D. Point it backward

In the shoulder mobility clearing exam of the Functional Movement Screen, the individual attempts to point their elbow upward. This movement aims to assess the participant's range of motion and flexibility in the shoulder joint. By raising the elbow upward, it helps to evaluate how well the shoulder girdle and associated musculature allow for this action without compensatory movements or pain. The upward position of the elbow is crucial in identifying any limitations or dysfunctions that may affect overhead activities or functional tasks involving shoulder mobility. This position puts emphasis on the shoulder capsule, as well as the rotator cuff, and can indicate the overall health and function of the shoulder. A proper upward elbow position can lead to a more accurate assessment of shoulder function, ensuring that any potential issues are identified and addressed appropriately.

2. Which tests can be used to assess abdominal and trunk strength?

- A. Trunk flexor strength test and rotary stability test
- B. Kendall and Richardson tests**
- C. Single-leg squat test and wall sit
- D. Curl-up test and push-up endurance test

The option that effectively assesses abdominal and trunk strength includes the curl-up test and push-up endurance test. The curl-up test specifically evaluates the strength and endurance of the abdominal muscles by measuring how many repetitions an individual can perform in a specified duration. This test is widely used due to its simplicity and effectiveness in reflecting core stability and strength. The push-up endurance test, while primarily focused on upper body strength, also engages the core and trunk muscles to maintain proper form, providing insight into overall trunk strength. When evaluating trunk and abdominal strength, these tests are recognized for their ability to isolate and challenge the muscles involved in maintaining trunk stability and posture during movement. This aligns well with the goals of the Functional Movement Screen, which aims to identify areas of weakness and potential dysfunction within movement patterns, emphasizing the importance of a stable core.

3. What is a primary reason for conducting FMS assessments prior to an athletic season?

- A. To determine the athletes' resting heart rate
- B. To assess movement patterns and prevent injury**
- C. To evaluate strength levels
- D. To measure body composition

Conducting Functional Movement Screen assessments before an athletic season serves to assess movement patterns and prevent injury, which is the primary focus of the FMS. By identifying any movement deficiencies or imbalances, coaches and trainers can implement targeted training programs aimed at correcting these issues. This proactive approach helps reduce the risk of injury during the season, enhancing athletes' performance and longevity in their sport. Resting heart rate measurements, strength evaluations, or body composition metrics, while useful in their own right, do not directly address the fundamental goal of the FMS, which is to screen for and improve movement quality. The FMS emphasizes functional movement as a critical aspect of athletic performance, making injury prevention through movement assessment the most pertinent reason for conducting these evaluations.

4. What does a score of '3' indicate in the FMS?

- A. The individual has a pain response during the movement
- B. The individual performs the movement incorrectly
- C. The individual performs the movement correctly without compensations**
- D. The individual performs the movement with compensations

A score of '3' in the Functional Movement Screen (FMS) indicates that the individual performs the movement correctly without compensations. This score reflects an optimal level of functional movement where the person demonstrates proper mechanics and control, indicating effective movement patterns and a lower risk of injury. This scoring system is designed to identify movement quality, aiming to assess how well an individual can execute specific movements that are foundational for more complex physical activities. A score of '3' suggests that the movement is executed efficiently, with no need for adjustments or corrections, affirming the individual's ability to perform the task as intended. In contrast, a higher score, such as '4' or '5', might suggest additional factors like the presence of more advanced movement proficiency or the ability to perform the movement under varying conditions, while scores indicating pain or compensatory patterns illustrate issues in movement quality that the individual needs to address.

5. Which tests are commonly used to evaluate hamstring flexibility?

- A. Kendall's sit-and-reach test and 90-90 SLR test**
- B. Becker's flexion test and functional reach test
- C. Active knee extension test and Thomas test
- D. Modified sit-up test and plank test

Kendall's sit-and-reach test and the 90-90 straight leg raise (SLR) test are recognized effective measures for assessing hamstring flexibility. The sit-and-reach test evaluates the overall flexibility of the lower back and hamstrings by having an individual reach forward while seated, which provides insight into the length and flexibility of the hamstring muscles. The 90-90 SLR test specifically focuses on hamstring flexibility by having the subject lie supine and lift one leg to a 90-degree position at the hip while maintaining the other leg flat on the ground. The angle formed at the knee during this test helps determine the degree of hamstring tightness or flexibility. Together, these tests provide a clear understanding of hamstring flexibility, making them the preferred choices in the context of evaluating this specific muscle group.

6. Which of the following is NOT one of the seven movements assessed in the FMS?

- A. Deep Squat
- B. Inline Lunge
- C. Single Leg Deadlift
- D. Rotary Stability

The Single Leg Deadlift is not one of the seven movements assessed in the Functional Movement Screen (FMS). The FMS focuses on identifying fundamental movement patterns and their relationships to the development of injury. The seven specific movements assessed include the Deep Squat, Inline Lunge, Active Straight Leg Raise, Trunk Stability Push-Up, Rotary Stability, Shoulder Mobility, and the Hurdle Step. Each of these movements is designed to evaluate different aspects of mobility, stability, and functional movement capabilities. By excluding the Single Leg Deadlift from the core assessment, the FMS maintains a standard that allows for consistent measurement and comparison across individuals and populations. Understanding these fundamental patterns is crucial for identifying potential movement dysfunctions and implementing appropriate interventions.

7. Which of the following is NOT a consideration when scoring FMS tests?

- A. Individual's prior injury history
- B. Movement efficiency
- C. Flexibility
- D. Ability to perform without compensation

In the context of scoring Functional Movement Screen (FMS) tests, individual movement patterns are assessed primarily based on how efficiently they perform specific movements. This assessment aims to identify areas of dysfunction or compensation that may lead to injury. Movement efficiency is a critical factor in scoring because it reflects how well an individual can perform necessary movements without unnecessary strain or risk of injury. Similarly, assessing flexibility helps determine if a lack of range of motion may affect movement performance. Evaluating the ability to perform movements without compensation is equally crucial, as compensatory movements can mask underlying issues and lead to increased injury risk. While an individual's prior injury history may provide valuable insight for tailoring a rehabilitation or training program, it does not directly influence the scoring of the FMS tests themselves. The FMS score focuses on assessing current movement patterns and disparities rather than considering an individual's past injuries. Therefore, referring to prior injury history is not a direct consideration during the scoring process of the FMS.

8. In addition to imbalance and injury, what is another issue associated with inefficient movement patterns?

- A. Decreased coordination
- B. Micro-traumatic breakdown**
- C. Aging
- D. Flexibility deficits

The option relating to micro-traumatic breakdown is particularly relevant because inefficient movement patterns can lead to repeated stress on certain muscles, joints, and connective tissues. Over time, this stress can accumulate, resulting in micro-trauma, which is the small-scale damage that takes place in tissues due to abnormal or excessive loading. This kind of damage often goes unnoticed until cumulative effects manifest as discomfort or injuries. In efficient movement patterns, the body distributes forces evenly and utilizes proper biomechanics, minimizing the risk of micro-traumatic breakdown. Conversely, when movement patterns are inefficient, the body compensates in ways that can lead to heightened wear and tear on specific areas, contributing to chronic pain and injury. Understanding this concept is crucial for developing strategies for rehabilitation and injury prevention, as addressing inefficient movement patterns can significantly lower the risk of micro-trauma and promote overall movement health.

9. How does the shoulder mobility clearing exam contribute to athletic performance?

- A. By assessing grip strength
- B. By identifying functional limitations**
- C. By measuring cardiovascular endurance
- D. By testing balance and coordination

The shoulder mobility clearing exam plays a crucial role in enhancing athletic performance by identifying functional limitations in the shoulder joint. This specific assessment evaluates the range of motion, flexibility, and overall functionality of the shoulder, which is vital for athletes engaged in a wide variety of sports. If a limitation is identified, it can indicate potential imbalances, weaknesses, or restrictions that could lead to injury if not addressed. By pinpointing these issues, corrective strategies can be implemented to improve shoulder mobility, strength, and stability. This proactive approach allows athletes to enhance their performance by ensuring that their shoulder mechanics are efficient and effective during diverse physical activities. Thus, the contribution of this clearing exam to athletic performance lies primarily in its ability to identify and mitigate functional limitations that potentially hinder performance and increase injury risk.

10. What FMS score indicates that a person completes the movement but must compensate in some way?

- A. 0
- B. 1**
- C. 2
- D. 3

A score of 1 on the Functional Movement Screen indicates that an individual is able to complete the movement but requires some form of compensation. This score suggests that while the person can perform the intended movement pattern, they do so by making adjustments or using alternative strategies to achieve the movement. These compensations may suggest that there are underlying deficiencies or weaknesses in their movement mechanics which could potentially lead to injuries or inefficiencies in their performance. In contrast, a score of 0 would imply that the individual cannot perform the movement at all due to pain or significant dysfunction. A score of 2 indicates a satisfactory performance of the movement with minimal compensation, while a score of 3 represents an ideal performance without any compromises. Understanding these scores helps in designing appropriate training or rehabilitation programs to address any identified functional movement issues.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://functionalmovementscreen.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE