Can Vision Language Models Judge Action Quality? An Empirical Evaluation

Appendix

A. Dataset Preprocessing Examples

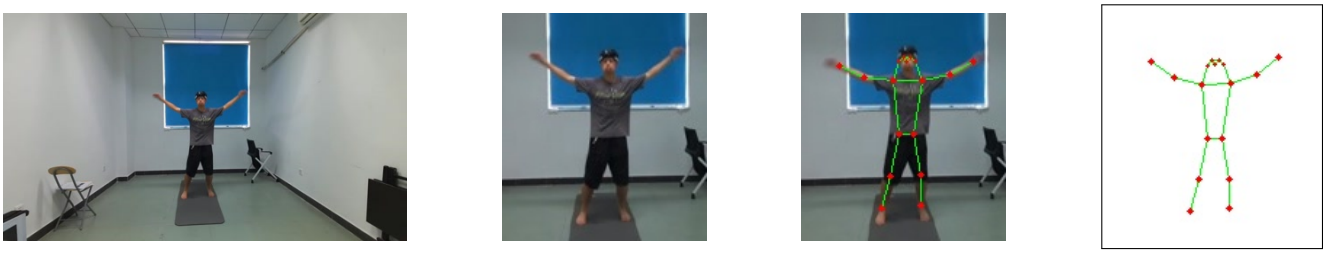
We show representative frames from each dataset under four preprocessing methods: original RGB frame, cropped frame, skeleton overlay on the RGB image, and skeleton render.

A.1. LLM-FMS

Original | Cropped | Skeleton Overlay | Skeleton Render

Figure A.1. LLM-FMS Preprocessing Examples.

A.2. EgoExo-Fitness



Original | Cropped | Skeleton Overlay | Skeleton Render

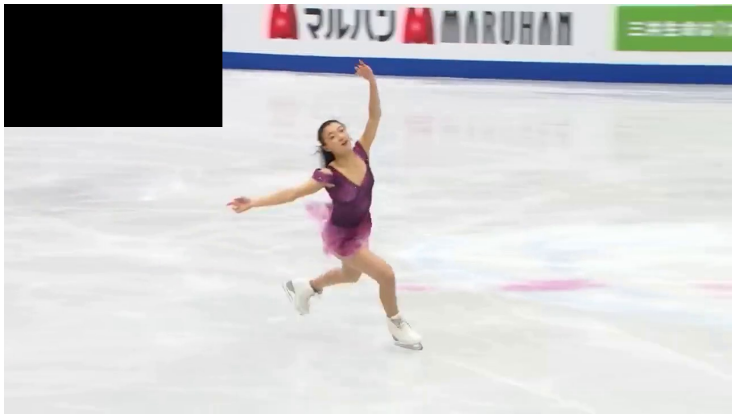
Figure A.2. EgoExo-Fitness Preprocessing Examples.

A.3. Fitness-AQA

Original | Cropped | Skeleton Overlay | Skeleton Render

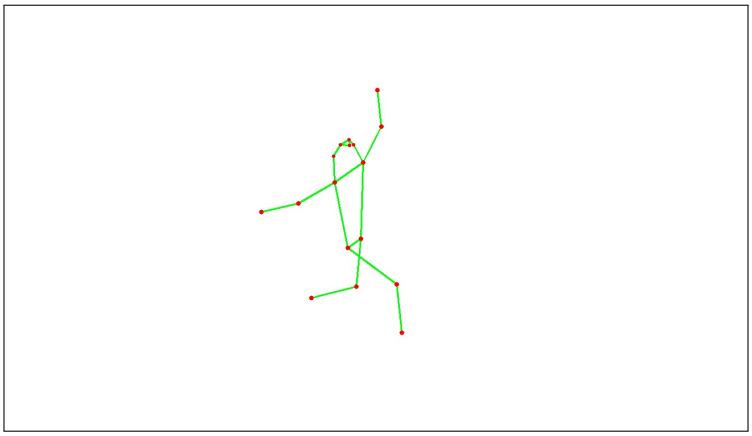
Figure A.3. Fitness-AQA Preprocessing Examples.

A.4. FineFS



Original

Skeleton Overlay



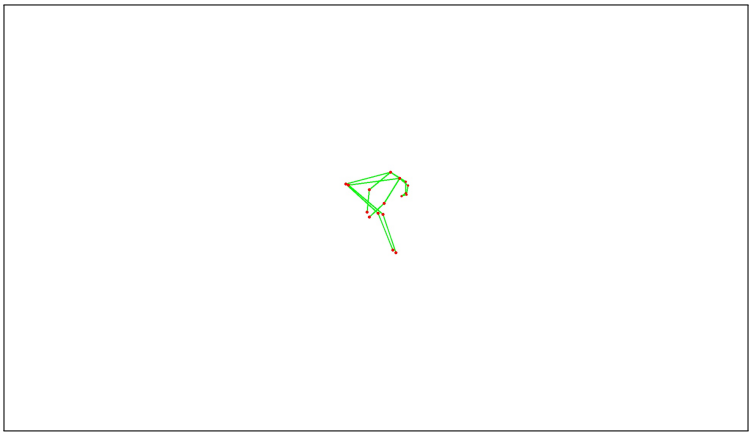
Skeleton Render

Figure A.4: FineFS Preprocessing Examples.

A.5. MTL-AQA

Original

Skeleton Overlay



Skeleton Render

Figure A.5: MTL-AQA Preprocessing Examples.

B. Prompts

We show all prompts used for each prompt engineering strategy and dataset. For skeleton inputs, the phrase *"a {video / image} of someone"* is replaced with *"a {video / image} showing skeleton joints (COCO17 format) of someone"*. Placeholders in curly braces (e.g. {`Action Name`}) are filled at inference time with sample-specific values.

B.1. Base Prompts

Base Prompt — LLM-FMS

You are analyzing a {Action Name} image from a {Camera View} view. Answer the following questions about the person's form.
IMPORTANT: You must respond ONLY with a JSON object in the following format: { "{Rule ID}": "your_answer", }
—
Question {Rule ID}: {Rule Question} Options: {Answer Options} Answer with one of the exact options listed.
...

Base Prompt — EgoExo-Fitness

You are analyzing a video of someone performing the exercise: {Action Name}
Determine if the person is correctly following this instruction: "{Keypoint Statement}"
IMPORTANT: Respond ONLY with "True" or "False" (nothing else).
Analyze the video carefully and provide your answer:

Base Prompt — Fitness-AQA

You are analyzing a video of someone performing the exercise: {Action Name}
For each error type below, determine if the person is exhibiting that specific form error during the exercise.
IMPORTANT: Respond ONLY with a JSON object in the following format: { "{Error Name}": "True or False", }
Error types to check:
1. {Error Name}: {Error Description}
Analyze the video carefully and provide your JSON response:

Base Prompt — FineFS

You are analyzing a video of someone executing a {Action Name} ({Action Name}).
For this execution, predict the Grade of Execution (GOE) score.
GOE Scale:
- Ranges from -5 (very poor) to 5 (exceptional)
- 0 indicates meeting basic requirements
- Positive GOE for good execution features (height, flow, control, technique)
- Negative GOE for errors, poor technique, or falls
IMPORTANT: Respond with ONLY a single numeric value from -5 to 5.
Analyze the video carefully and provide your response:

Base Prompt — MTL-AQA

You are analyzing a video of someone executing a dive.
For this execution, predict the execution score.
Score Range:
- Ranges from 0 (very poor) to 10 (perfect)
- Higher scores indicate better execution quality

- Consider execution quality, body position, form, technique, and water entry
- Focus only on how well the dive is executed, not its difficulty
IMPORTANT: Respond with ONLY a single numeric value from 0 to 10.
Analyze the video carefully and provide your response:

B.2. Visual Grounding Prompts

Visual Grounding Prompt — LLM-FMS

You are analyzing a {Action Name} image from a {Camera View} view.
CRITICAL INSTRUCTIONS:
1. First, carefully examine the provided image in detail
2. Identify the person's body position, joint angles, and alignment
3. For each question below, look at the specific body parts mentioned in the image
4. Base your answer ONLY on what is actually visible in this specific image
5. Compare what you see against each available option to select the best match
RESPONSE FORMAT: You must respond ONLY with a valid JSON object. No explanations, no additional text. The JSON object must be in this exact format: { "{Rule ID}": "your_answer", }
—
ANALYSIS QUESTIONS: For each question, examine the relevant body parts in the image and select the option that matches your observation.
Question {Rule ID}: {Rule Question} Look at the image and choose from: {Answer Options} (Select the exact option that matches what you observe in the image)
...
—
Now examine the image and output your JSON response with answers based on what you see.

Visual Grounding Prompt — EgoExo-Fitness

You are analyzing a video of someone performing the exercise: {Action Name}
CRITICAL INSTRUCTIONS:
1. First, carefully examine ALL frames in the provided video
2. Focus on the specific body parts and movements mentioned in the statement below
3. Observe how the person executes the movement throughout the video
4. Base your answer ONLY on what is actually visible in this specific video
—
STATEMENT TO VERIFY: "{Keypoint Statement}"
Observe the video and determine: Is this instruction being correctly followed? (Answer with the exact word that matches your observation)
—
RESPONSE FORMAT: Respond with ONLY "True" or "False" (nothing else).

Visual Grounding Prompt — Fitness-AQA

You are analyzing a video of someone performing the exercise: {Action Name}
CRITICAL INSTRUCTIONS:
1. First, carefully examine ALL frames in the provided video
2. Identify the person's body position, movement patterns, and form throughout
3. For each error type below, observe the specific body parts mentioned across frames
4. Base your answer ONLY on what is actually visible in this specific video
5. Determine if each specific form error is present at any point during the movement

RESPONSE FORMAT: You must respond ONLY with a valid JSON object. No explanations, no additional text. The JSON object must be in this exact format: { "{Error Name}": "True or False", }
—
ERROR DETECTION: For each error type, examine the relevant body parts in the video and determine if the error is present.
Error 1 - {Error Name}: {Error Description} Observe the video and determine: True or False
—
Now examine the video and output your JSON response with answers based on what you observe.

Visual Grounding Prompt — FineFS

You are analyzing a video of someone executing a {Action Name} ({Action Name}).
CRITICAL INSTRUCTIONS:
1. First, carefully examine ALL frames in the provided video
2. Identify the execution quality, movement patterns, and form throughout
3. Observe technique, flow, control, and any errors or excellent features
4. Base your answer ONLY on what is actually visible in this specific video
5. Determine the Grade of Execution (GOE) score for this execution
RESPONSE FORMAT: You must respond with ONLY a single numeric value. No explanations, no additional text. Output only the numeric value from -5 to 5.
—
GOE SCALE:
- Ranges from -5 (very poor) to 5 (exceptional)
- 0 indicates meeting basic requirements
- Positive GOE for good execution features (height, flow, control, technique)
- Negative GOE for errors, poor technique, or falls
—
Now examine the video and output your numeric response based on what you observe.

Visual Grounding Prompt — MTL-AQA

You are analyzing a video of someone executing a dive.
CRITICAL INSTRUCTIONS:
1. First, carefully examine ALL frames in the provided video
2. Identify the execution quality, body positions, and form throughout
3. Observe technique, water entry, rotation control, and any errors or excellent features
4. Base your answer ONLY on what is actually visible in this specific video
5. Determine the execution score for this dive
RESPONSE FORMAT: You must respond with ONLY a single numeric value. No explanations, no additional text. Output only the numeric value from 0 to 10.
—
SCORE RANGE:
- Ranges from 0 (very poor) to 10 (perfect)
- Higher scores indicate better execution quality
- Consider execution quality, body position, form, technique, and water entry
- Focus only on how well the dive is executed, not its difficulty
—
Now examine the video and output your numeric response based on what you observe.

B.3. Two-Step Prompts

Two-Step Prompt — LLM-FMS

You are analyzing a {Action Name} image from a {Camera View} view.
TASK OVERVIEW: You will analyze this exercise form image in two steps:
1. First, provide a detailed description of what you observe
2. Then, answer specific questions based on your observations
—
STEP 1 - DETAILED OBSERVATION: Before answering any questions, carefully examine the image and describe:
- Overall body position and posture
- Head and neck alignment
- Shoulder position and alignment
- Spine curvature and torso position
- Hip position and alignment
- Knee position and alignment
- Foot placement and weight distribution
- Any notable angles or body segment relationships
Write your detailed observation here, then proceed to Step 2.
—
STEP 2 - ANSWER QUESTIONS: Based on your detailed observation above, answer the following questions. For each question, refer back to the specific body parts you described.
Question {Rule ID}: {Rule Question} Choose from: {Answer Options} (Select the exact option that matches what you observe in the image)
...
—
RESPONSE FORMAT: Provide your response in this exact format:
OBSERVATION: [Your detailed description of the image here]
ANSWERS: { "{Rule ID}": "your_answer", }
Begin your analysis now.

Two-Step Prompt — EgoExo-Fitness

You are analyzing a video of someone performing the exercise: {Action Name}
TASK OVERVIEW: You will analyze this exercise video in two steps:
1. First, describe what you observe regarding the specific aspect mentioned
2. Then, determine if the statement is True or False
—
STATEMENT TO VERIFY: "{Keypoint Statement}"
STEP 1 - OBSERVATION: Describe what you observe in the video regarding this specific instruction. Focus on the relevant body parts and movements mentioned.
STEP 2 - DETERMINATION: Based on your observation, is the instruction being correctly followed?
—
RESPONSE FORMAT: Provide your response in this exact format:
OBSERVATION: [Your observation about the relevant body parts/movements]
ANSWER: True or False
Begin your analysis now.

Two-Step Prompt — Fitness-AQA

You are analyzing a video of someone performing the exercise: {Action Name}
TASK OVERVIEW: You will analyze this exercise video in two steps:

1. First, provide a detailed description of what you observe
2. Then, determine if each form error is present based on your observations
—
STEP 1 - DETAILED OBSERVATION: Before answering any questions, carefully examine the video and describe:
- Overall movement pattern and exercise technique
- Body position and posture throughout the movement
- Arm and hand positioning
- Leg and foot positioning
- Torso and spine alignment
- Joint angles and alignment (especially knees and elbows)
- Any notable form deviations or compensations
Write your detailed observation here, then proceed to Step 2.
—
STEP 2 - ERROR DETECTION: Based on your detailed observation above, determine if each form error is present. For each error, refer back to the specific aspects you described.
Error 1 - {Error Name}: {Error Description} (Determine True or False based on your observation)
—
RESPONSE FORMAT: Provide your response in this exact format:
OBSERVATION: [Your detailed description of the video here]
ANSWERS: { "{Error Name}": "True or False", }
Begin your analysis now.

Two-Step Prompt — FineFS

You are analyzing a video of someone executing a {Action Name} ({Action Name}).
TASK OVERVIEW: You will analyze this execution in two steps:
1. First, provide a detailed description of what you observe
2. Then, determine the Grade of Execution (GOE) based on your observations
—
STEP 1 - DETAILED OBSERVATION: Before assigning a score, carefully examine the video and describe:
- Overall movement pattern and execution quality
- Body position and posture throughout
- Technical aspects (form, positions, alignment)
- Speed, flow, and control
- Height/amplitude (for jumps and spins)
- Landing quality (for jumps)
- Any notable errors or excellent features
Write your detailed observation here, then proceed to Step 2.
—
STEP 2 - GOE PREDICTION: Based on your detailed observation above, determine the GOE score. Refer back to the specific aspects you described.
GOE Scale:
- Ranges from -5 (very poor) to 5 (exceptional)
- 0 indicates meeting basic requirements
- Positive GOE for good execution features (height, flow, control, technique)
- Negative GOE for errors, poor technique, or falls
—
RESPONSE FORMAT: Provide your response in this exact format:
OBSERVATION: [Your detailed description of the video here]
ANSWER: [single numeric value from -5 to 5]
Begin your analysis now.

Two-Step Prompt — MTL-AQA

You are analyzing a video of someone executing a dive.
TASK OVERVIEW: You will analyze this execution in two steps:
1. First, provide a detailed description of what you observe
2. Then, determine the execution score based on your observations
—
STEP 1 - DETAILED OBSERVATION: Before assigning a score, carefully examine the video and describe:
- Overall movement pattern and execution quality
- Body position and posture throughout the dive
- Technical aspects (form, positions, alignment)
- Rotation control and speed
- Water entry quality and splash
- Any notable errors or excellent features
Write your detailed observation here, then proceed to Step 2.
—
STEP 2 - SCORE PREDICTION: Based on your detailed observation above, determine the execution score. Refer back to the specific aspects you described.
Score Range:
- Ranges from 0 (very poor) to 10 (perfect)
- Higher scores indicate better execution quality
- Consider execution quality, body position, form, technique, and water entry
- Focus only on how well the dive is executed, not its difficulty
—
RESPONSE FORMAT: Provide your response in this exact format:
OBSERVATION: [Your detailed description of the video here]
ANSWER: [single numeric value from 0 to 10]
Begin your analysis now.

B.4. Structured Reasoning Prompts

Structured Reasoning Prompt — LLM-FMS

You are analyzing an image of someone performing: {Action Name} (view: {Camera View})
SCORING QUESTIONS:
- {Rule ID}: {Rule Question} (Options: {Answer Options})
- ...
—
INSTRUCTIONS: You must analyze this image using a structured reasoning process. Follow the EXACT format below with the specified XML tags.
REQUIRED RESPONSE FORMAT:
<look> Briefly describe what is happening in the image at a high level. Focus on the overall posture and movement being performed. </look>
<decompose> List the specific components you need to analyze to determine the correct scores. These may include: specific body parts, angles between body parts, distances between body parts, alignment, or posture elements. Be specific and relevant to the scoring criteria. </decompose>
<analyse> For each component listed in <decompose>, provide a brief analysis:
- Component 1: [Your analysis of the first component]
- Component 2: [Your analysis of the second component]
- Continue for all listed components... </analyse>
<assess> Based on your analysis, determine the correct answer for each question. Explain your reasoning briefly for each. </assess>
¡output¿ { "{Rule ID}": "<answer from options>", } ¡/output¿
—

IMPORTANT RULES:
1. You MUST use all five tags in order: <look>, <decompose>, <analyse>, <assess>, ¡output¿
2. The ¡output¿ tag must contain ONLY valid JSON with answers from the provided options
3. Do not skip any tags or change their order
4. Base your analysis ONLY on what is visible in the image
Begin your structured analysis now.

Structured Reasoning Prompt — EgoExo-Fitness

You are analyzing a video of someone performing the exercise: {Action Name}
—
STATEMENT TO VERIFY: "{Keypoint Statement}"
—
INSTRUCTIONS: You must analyze this video using a structured reasoning process. Follow the EXACT format below with the specified XML tags.
REQUIRED RESPONSE FORMAT:
<look> Briefly describe what is happening in the video at a high level. Focus on the overall movement and exercise being performed. </look>
<decompose> List the specific components you need to analyze to verify the statement. These may include: specific body parts, angles between body parts, distances between body parts, timing, or movement patterns. Be specific and relevant to the statement being verified. </decompose>
<analyse> For each component listed in <decompose>, provide a brief analysis:
- Component 1: [Your analysis of the first component]
- Component 2: [Your analysis of the second component]
- Continue for all listed components... </analyse>
<assess> Based on your analysis, determine whether the statement is True or False. Explain your reasoning briefly. </assess>
¡output¿ True or False ¡/output¿
—
IMPORTANT RULES:
1. You MUST use all five tags in order: <look>, <decompose>, <analyse>, <assess>, ¡output¿
2. The ¡output¿ tag must contain ONLY the word "True" or "False"
3. Do not skip any tags or change their order
4. Base your analysis ONLY on what is visible in the video
Begin your structured analysis now.

Structured Reasoning Prompt — Fitness-AQA

You are analyzing a video of someone performing: {Action Name}
POSSIBLE ERRORS TO DETECT:
- {Error Name}: "{Error Description}"
—
INSTRUCTIONS: You must analyze this video using a structured reasoning process. Follow the EXACT format below with the specified XML tags.
REQUIRED RESPONSE FORMAT:
<look> Briefly describe what is happening in the video at a high level. Focus on the overall movement and exercise being performed. </look>
<decompose> List the specific components you need to analyze to detect each error. These may include: specific body parts, angles between body parts, distances between body parts, timing, or movement patterns. Be specific and relevant to the errors being detected. </decompose>
<analyse> For each component listed in <decompose>, provide a brief analysis:

- Component 1: [Your analysis of the first component]
- Component 2: [Your analysis of the second component]
- Continue for all listed components... </analyse>
<assess> Based on your analysis, determine which errors are present (True) or absent (False). Explain your reasoning briefly for each error. </assess>
¡output¿ { "{Error Name}": "True or False", } ¡/output¿
—
IMPORTANT RULES:
1. You MUST use all five tags in order: <look>, <decompose>, <analyse>, <assess>, ¡output¿
2. The ¡output¿ tag must contain ONLY valid JSON with "True" or "False" for each error
3. Do not skip any tags or change their order
4. Base your analysis ONLY on what is visible in the video
Begin your structured analysis now.

Structured Reasoning Prompt — FineFS

You are analyzing a video of someone executing a {Action Name} ({Action Name}).
GOE SCALE:
- Ranges from -5 (very poor) to 5 (exceptional)
- 0 indicates meeting basic requirements
- Positive GOE for good execution features (height, flow, control, technique)
- Negative GOE for errors, poor technique, or falls
—
INSTRUCTIONS: You must analyze this video using a structured reasoning process. Follow the EXACT format below with the specified XML tags.
REQUIRED RESPONSE FORMAT:
<look> Briefly describe what is happening in the video at a high level. Focus on the overall movement and execution being performed. </look>
<decompose> List the specific components you need to analyze to assess the execution quality. These may include: body positions, movement quality, technical elements, speed, flow, control, or any errors. Be specific and relevant to evaluating this execution. </decompose>
<analyse> For each component listed in <decompose>, provide a brief analysis:
- Component 1: [Your analysis of the first component]
- Component 2: [Your analysis of the second component]
- Continue for all listed components... </analyse>
<assess> Based on your analysis, determine the appropriate GOE score. Explain your reasoning briefly considering positive features and any errors. </assess>
¡output¿ [single numeric value from -5 to 5] ¡/output¿
—
IMPORTANT RULES:
1. You MUST use all five tags in order: <look>, <decompose>, <analyse>, <assess>, ¡output¿
2. The ¡output¿ tag must contain ONLY a single numeric value from -5 to 5
3. Do not skip any tags or change their order
4. Base your analysis ONLY on what is visible in the video
Begin your structured analysis now.

Structured Reasoning Prompt — MTL-AQA

You are analyzing a video of someone executing a dive.
SCORE RANGE:
- Ranges from 0 (very poor) to 10 (perfect)

- Higher scores indicate better execution quality
- Consider execution quality, body position, form, technique, and water entry
- Focus only on how well the dive is executed, not its difficulty
—
INSTRUCTIONS: You must analyze this video using a structured reasoning process. Follow the EXACT format below with the specified XML tags.
REQUIRED RESPONSE FORMAT:
<look> Briefly describe what is happening in the video at a high level. Focus on the overall dive and execution being performed. </look>
<decompose> List the specific components you need to analyze to assess the execution quality. These may include: body positions, rotation control, technical elements, water entry, form, or any errors. Be specific and relevant to evaluating this dive execution. </decompose>
<analyse> For each component listed in <decompose>, provide a brief analysis:
- Component 1: [Your analysis of the first component]
- Component 2: [Your analysis of the second component]
- Continue for all listed components... </analyse>
<assess> Based on your analysis, determine the appropriate execution score. Explain your reasoning briefly considering positive features and any errors. </assess>
¡output¿ [single numeric value from 0 to 10] ¡/output¿
—
IMPORTANT RULES:
1. You MUST use all five tags in order: <look>, <decompose>, <analyse>, <assess>, ¡output¿
2. The ¡output¿ tag must contain ONLY a single numeric value from 0 to 10
3. Do not skip any tags or change their order
4. Base your analysis ONLY on what is visible in the video
Begin your structured analysis now.

B.5. Guideline Prompts

The Positive and Negative Guidelines Prompts share the same structure, represented here with the placeholder {`Guidelines`}, which is substituted with best-form or worst-form guidelines depending on the variant.

Guidelines Prompt — LLM-FMS

You are analyzing a {Action Name} image from a {Camera View} view. Answer the following questions about the person's form.
{Guidelines}
—
IMPORTANT: You must respond ONLY with a JSON object in the following format: { "{Rule ID}": "your_answer", }
—
Question {Rule ID}: {Rule Question} Options: {Answer Options} Answer with one of the exact options listed.
...

Guidelines Prompt — EgoExo-Fitness

You are analyzing a video of someone performing the exercise: {Action Name}
{Guidelines}
Determine if the person is correctly following this instruction: "{Keypoint Statement}"
IMPORTANT: Respond ONLY with "True" or "False" (nothing else).
Analyze the video carefully and provide your answer:

Guidelines Prompt — Fitness-AQA

You are analyzing a video of someone performing the exercise: {Action Name}
{Guidelines}
For each error type below, determine if the person is exhibiting that specific form error during the exercise.
IMPORTANT: Respond ONLY with a JSON object in the following format: { "{Error Name}": "True or False", }
Error types to check:
1. {Error Name}: {Error Description}
Analyze the video carefully and provide your JSON response:

Guidelines Prompt — FineFS

You are analyzing a video of someone executing a {Action Name} ({Action Name}).
For this execution, predict the Grade of Execution (GOE) score.
GOE Scale:
- Ranges from -5 (very poor) to 5 (exceptional)
- 0 indicates meeting basic requirements
- Positive GOE for good execution features (height, flow, control, technique)
- Negative GOE for errors, poor technique, or falls
{Guidelines}
IMPORTANT: Respond with ONLY a single numeric value from -5 to 5.
Analyze the video carefully and provide your response:

Guidelines Prompt — MTL-AQA

You are analyzing a video of someone executing a dive.
For this execution, predict the execution score.
Score Range:
- Ranges from 0 (very poor) to 10 (perfect)
- Higher scores indicate better execution quality
- Consider execution quality, body position, form, technique, and water entry
- Focus only on how well the dive is executed, not its difficulty
{Guidelines}
IMPORTANT: Respond with ONLY a single numeric value from 0 to 10.
Analyze the video carefully and provide your response:

B.6. Contrastive Prompts

Contrastive Prompt — LLM-FMS

You are comparing two images of someone performing {Action Name}.
Image 1 is shown first, Image 2 is shown second.
{Contrastive Question}
Answer with ONLY 1 or 2.

Contrastive Prompt — EgoExo-Fitness

You are comparing two executions of {Action Name}.
Video 1 is shown first, Video 2 is shown second.
Which video better follows this instruction: "{Keypoint Statement}"
Answer with ONLY 1 or 2.

Contrastive Prompt — Fitness-AQA

You are comparing two {Action Name} executions.
Video 1 is shown first, Video 2 is shown second.
Which execution has better form? Answer with ONLY 1 or 2.

Contrastive Prompt — FineFS

You are comparing two {Action Name} executions.
Video 1 is shown first, Video 2 is shown second.
Which execution has better quality? Answer with ONLY 1 or 2.

Contrastive Prompt — MTL-AQA

You are comparing two dive executions.
Video 1 is shown first, Video 2 is shown second.
Which execution has better quality? Answer with ONLY 1 or 2.

C. Exercise Guideline Examples

We show one example of positive (best-form) and negative (worst-form) guidelines for each dataset, presented side by side. These guidelines are injected into the {Guidelines} placeholder of the Guideline Prompts (Section B).

C.1. LLM-FMS (Deep Squat)

Positive Guidelines — LLM-FMS

Key points for an ideal form in Deep Squat (Floor):
• The trunk should be parallel to the calf.
• The hip should be positioned lower than the knee on the vertical axis.
• The wrists should be positioned equal to the knees on the horizontal axis.

Negative Guidelines — LLM-FMS

Common errors in Deep Squat (Floor):
• The trunk not being parallel to the calf.
• The hip being positioned higher than the knee on the vertical axis.
• The wrists being positioned to the left or right of the knees on the horizontal axis.

C.2. EgoExo-Fitness (Push-ups)

Positive Guidelines — EgoExo-Fitness

Key points for an ideal form in Push-ups:
• The exercise should begin in a push-up position on the mat.
• The arms should be bent to lower the body towards the mat.
• The body should be descended until the elbows are slightly higher than the torso.
• The body should form a straight line when viewed from the side.
• The hands should be kept slightly wider than shoulder-width apart.
• The waist and back should be kept straight.
• The hands should be placed on the mat on both sides of the chest.
• The initial push-up position should be returned to.
• The arms should be stretched to push the body back up.

Negative Guidelines — EgoExo-Fitness

Common errors in Push-ups:
• Not beginning in a push-up position on the mat.
• Not bending the arms to lower the body towards the mat.
• Not descending until the elbows are slightly higher than the torso.
• The body not forming a straight line when viewed from the side.
• Not keeping the hands slightly wider than shoulder-width apart.
• Not keeping the waist and back straight.
• Not placing the hands on the mat on both sides of the chest.
• Not returning to the initial push-up position.
• Not stretching the arms to push the body back up.

C.3. Fitness-AQA (Squat)

Positive Guidelines — Fitness-AQA

Key points for an ideal form in Squat:
• The knees should track over the toes without moving excessively forward beyond them during the descent.
• The knees should track over the toes during the descent and ascent phases without collapsing inward.

Negative Guidelines — Fitness-AQA

Common errors in Squat:
• Knees tracking excessively forward beyond the toes during the descent, shifting weight to the front of the feet.
• Knees collapsing inward (valgus) during the descent or ascent phase, rather than tracking over the toes.

C.4. FineFS (Jump)

Positive Guidelines — FineFS

Key points for an ideal form in a jump:
• The take-off should be executed from the proper edge with controlled power.
• Sufficient height should be achieved to complete the required rotations.
• The body should be held in a tight rotational position in the air with arms drawn in close.
• The landing should be executed on a clean back outside edge.
• The landing knee should be bent adequately to absorb impact.
• The free leg should be extended behind on landing with proper turnout.
• Upper body posture should remain upright and controlled throughout the jump.
• Speed and flow should be maintained coming out of the landing.

Negative Guidelines — FineFS

Common errors in a jump:
• Not executing the take-off from the proper edge with controlled power.
• Not achieving sufficient height to complete the required rotations.
• The body not being held in a tight rotational position in the air, with arms not drawn in close.
• Not landing on a clean back outside edge.
• Not bending the landing knee adequately to absorb impact.
• Not extending the free leg behind on landing with proper turnout.
• Upper body posture not remaining upright and controlled throughout the jump.
• Not maintaining speed and flow coming out of the landing.

C.5. MTL-AQA

Positive Guidelines — MTL-AQA

Key points for an ideal form in a dive:
• The approach should be controlled with proper rhythm and consistent steps.
• The hurdle should provide adequate height and optimal distance from the board or platform.
• The take-off should be executed with proper timing and explosive power.
• The body should achieve the required position (pike, tuck, or straight) cleanly during flight.
• Rotations should be controlled and completed at the proper rate without under or over-rotating.
• The body should be fully straightened and aligned vertically before entry.
• The entry should be made at a vertical angle perpendicular to the water surface.
• The entry should create minimal splash with a clean “rip” technique.
• The toes should be pointed and legs together throughout the entire dive.
• The arms should be positioned properly, extended overhead and aligned with the body for entry.

Negative Guidelines — MTL-AQA

Common errors in a dive:
• Not maintaining a controlled approach with proper rhythm and consistent steps.
• Not providing adequate height and optimal distance from the board or platform in the hurdle.
• Not executing the take-off with proper timing and explosive power.
• Not achieving the required position (pike, tuck, or straight) cleanly during flight.
• Rotations not being controlled or completed at the proper rate, resulting in under or over-rotation.
• The body not being fully straightened and aligned vertically before entry.
• Not making entry at a vertical angle perpendicular to the water surface.
• Creating excessive splash instead of a clean “rip” entry.
• The toes not being pointed and legs not together throughout the entire dive.
• The arms not being positioned properly, failing to extend overhead and align with the body for entry.