

**Athletic Training Program  
Weber State University**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Baseline Test     Post Injury Test    Sport: \_\_\_\_\_

Score Card

<b>Balance Error Scoring System (BESS)</b>
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<b>Balance Error Scoring System - Types of Errors</b>
<ol style="list-style-type: none"> <li>1. Hands lifted off iliac crest</li> <li>2. Opening eyes</li> <li>3. Step, stumble, or fall</li> <li>4. Moving hip into &gt; 30 degrees abduction</li> <li>5. Lifting forefoot or heel</li> <li>6. Remaining out of test position &gt;5 sec</li> </ol>
<p><b>The BESS is calculated by adding one error point for each error during the 6 20-second tests.</b></p>

Foot tested: Left    Right  
(i.e. which is the non-dominant foot)

SCORE CARD: (# Errors)	FIRM Surface	FOAM Surface
Double Leg Stance (feet together)		
Single Leg Stance (non-dominant foot)		
Tandem Stance (non-dom foot in back)		
Total Scores:		
<b>BESS TOTAL:</b>		

**Baseline Score:** \_\_\_\_\_