

School Shell Assignment

1. What is posture?
2. Mention 3 types of posture.
- 3a. Explain the meaning of postural defects.
- 3b. List 3 postural defects.
3. State 4 causes of postural effects.
4. List 10 issues and challenges in physical and health education.

Solution

1. Posture is the relative position of the body for sport and activities.
- 2a. Standing posture.
- 2b. Lifting posture.
3. Sitting posture.
- 3a. Postural defects are sickness of defects caused by body positioning attitudes. Posture defect is a deviation from perfect posture. It is deformity in body alignment.

61 Kyphosis:

2 Scoliosis.

3 Flat feet/slips plans.

3) Heredity

2 Accidents

3 Trauma

4 Poor nutrition

41 Increasing Salary.

2. Violence.

3. Burnout of young Athletes.

4. Professionalization of Collegiate Athletics.

5. Racism.

6. Academic qualifications of athletes

7. Emphasis of winning sports in youth sports.

8. Accountability of teachers.

9. Integrity of PE as a school subject.

120 Equity.