

PHE

1 What is posture

posture is the relative position of the body for specific activities.

2 Mention three types of posture

1 standing posture

2 sitting posture

3 walking posture

29 Explain the meaning of postural defect

Postural defect are sickness or defects caused by body positioning attitudes.

6 List three postural defects

1 Kyphosis

2 Lordosis

3 Scolosis

3 State four causes of postural defects

1 Illness or diseases

2 Lack of adequate exercise

3 poor nutrition

4 Accident

4 List 10 issues and challenges in physical and health education

1 increasing salary

2 violence

3 Burnout of young athletes

4 Professionalization of collegiate ^{athletics} ~~athletes~~

5 Racism

6 Academic qualifications of athletes

7 Emphasis of winning sports in youth sports

8 Accountability of teachers

9 Integrity of PHE as a school subject

10 Equity