



# 4

## Self-Assessment

Student text page 66

### ASSESSING YOUR POSTURE

Good posture can help you look and feel your best, make you more comfortable at work and play, and help prevent back problems. The Good Posture Test will help you determine whether or not you have a good standing posture. However, a good score on the test does NOT mean that you use good posture MOST of the time. The test can help you understand what good posture is. You will also evaluate your need for corrective exercises to strengthen weak muscles and stretch short ones.

**Objective:** To determine whether or not you have good standing posture.

**Procedure:** Follow the instructions for taking the test on textbook page 66. Use the table below to record your results. Have your partner put a check in the “Yes” box beside each item that is true for you. Check “No” if the item is not true. Then use the Good Posture Test Rating Chart on textbook page 66 to determine your rating.

#### Good Posture Test—Standing Sideways to the String

Yes	No	Test
<input type="checkbox"/>	<input type="checkbox"/>	<b>Head:</b> Is the ear in front of the line?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Shoulders:</b> Are the shoulders rounded? Are the tips of the shoulders in front of the chest?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Upper back:</b> Does the upper back stick out in a hump?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Lower back:</b> Does the lower back have excessive arch?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Abdomen:</b> Does the abdomen protrude beyond the pelvic bones?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Knees:</b> Do the knees appear to be locked or bent backward?

#### Good Posture Test—Facing Away From the String

Yes	No	Test
<input type="checkbox"/>	<input type="checkbox"/>	<b>Head:</b> Is more than one-half of the head on one side of the string?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Shoulders:</b> Is either shoulder higher than the other shoulder?
<input type="checkbox"/>	<input type="checkbox"/>	<b>Hips:</b> Is either hip higher than the other hip?

\_\_\_\_\_ **Total “Yes” Answers**

\_\_\_\_\_ **Rating** (see textbook page 66 for Rating Chart)

1. Do you think your posture is as good as it could be? Why or why not?

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2. How might you improve your posture while standing and while sitting? Explain.

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