

Assignment

- Q1. Plan an assessment program of a person with poor posture due to faulty sitting habit.
- Q2. Find out, how psychological factors contribute to cause of poor posture.
- Q3. Explain how carrying heavy bags in childhood affect the posture.
- Q4. Instruct a person how to sit ideally while working on computer.
- Q5. Find out which period of age group are more prone to develop poor posture in present days.