

LAB 5.2 • EVALUATE YOUR POSTURE

Name: _____ Date: _____

Instructor: _____ Section: _____

Purpose: To evaluate your posture.

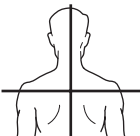
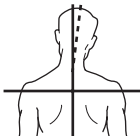
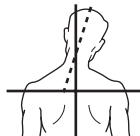
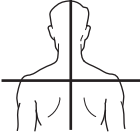
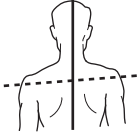
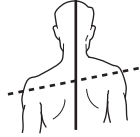
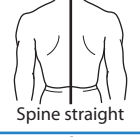
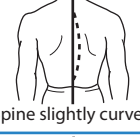
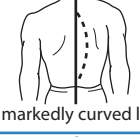
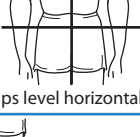





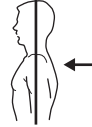
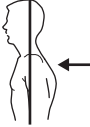
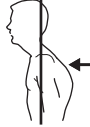



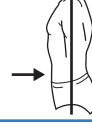
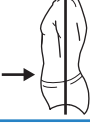

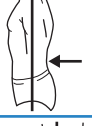
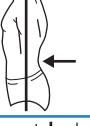
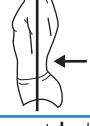



Before you begin: Wear clothing that will not interfere with the assessment of your posture. If it is comfortable, men should wear shorts only, and women should wear shorts and a tank top. Remove your shoes. If you have long hair, pull it back into a ponytail for the assessment.

Stand against a wall and have a partner evaluate your posture using the following chart. Your partner should assign you a score of between 1 and 5 for each of the 10 areas of your body shown on the next page.



Posture Results	
Posture Score	Posture Rating
45 or higher	Excellent
40–44	Good
30–39	Average
20–29	Fair
19 or less	Poor

Source: Adapted from *New York State Physical Fitness Test for Boys and Girls Grades 4–12. A Manual for Teachers of Physical Education*, Division of Physical Education and Research, State University of New York. Albany, NY: New York State Education Dept., 1972.

	Good—5	Fair—3	Poor—1	Score
Head	 <p>Head erect, gravity passes directly through center</p>	 <p>Head twisted or turned to one side slightly</p>	 <p>Head twisted or turned to one side markedly</p>	
Shoulders	 <p>Shoulders level horizontally</p>	 <p>One shoulder slightly higher</p>	 <p>One shoulder markedly higher</p>	
Spine	 <p>Spine straight</p>	 <p>Spine slightly curved</p>	 <p>Spine markedly curved laterally</p>	
Hips	 <p>Hips level horizontally</p>	 <p>One hip slightly higher</p>	 <p>One hip markedly higher</p>	
Knees and Ankles	 <p>Feet pointed straight ahead, legs vertical</p>	 <p>Feet pointed out, legs deviating outward at the knee</p>	 <p>Feet pointed out markedly, legs deviated markedly</p>	
Neck and Upper back	 <p>Neck erect, head in line with shoulders, rounded upper back</p>	 <p>Neck slightly forward, chin out, slightly more rounded upper back</p>	 <p>Neck markedly forward, chin markedly out, markedly rounded upper back</p>	
Trunk	 <p>Trunk erect</p>	 <p>Trunk inclined to rear slightly</p>	 <p>Trunk inclined to rear markedly</p>	
Abdomen	 <p>Abdomen flat</p>	 <p>Abdomen protruding</p>	 <p>Abdomen protruding and sagging</p>	
Lower back	 <p>Lower back normally curved</p>	 <p>Lower back slightly hollow</p>	 <p>Lower back markedly hollow</p>	
Legs	 <p>Legs straight</p>	 <p>Knees slightly hyperextended</p>	 <p>Knees markedly hyperextended</p>	
Total score				

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.