**VERY SHORT ANSWER TYPE QUESTION (1 MARK EACH)**  
**Q1. What do you mean by posture?**

**Q2. Give two advantages of correct posture?**

**Q3. State or mention common postural deformities?**

**Q4. What is correct posture of walking?**

**Q.5 What should be our standing posture?**

**Q.6 Explain briefly the causes of flat foot?**

**Q.7 What precautions we should take for kyphosis?**

**Q.8 What are the causes of scoliosis?**

**Q.9 Explain the corrective measures for lordosis deformity?**

**Q.10 What one causes for bow legs?**

**Q.11 What do you mean by knock knee?**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION  (80 to 90 WORDS)**  
**(3 MARKS EACH)**  
**Q.1 What is the difference between kyphosis & lordosis?**

**Q.2 What are the corrective measures for bow legs?**

**Q.3 Describe the remedial measure for postural deformity of kyphosis?**

**Q.4 What corrective measures we take for flat foot?**

**Q.5 How can we correct/treat the problem of scoliosis?**

**Q.6 What are the remidies for knock knee?**

**Q.7 What are the causes for knock knee?**

**Q.8 What are the causes & precautions for bow legs?**

## **5 Marks Questions**

**Long Answer type Question [150 to 200 words]- (5  marks each)**  
**Q.1 What is lordosis? What are the causes of this problem and how can we treat this deformity.**

**Q.2 What are the causes of bad posture? Explain detail?**

**Q3. What do you mean by posture ? What are benefits of correct posture. Explain?**