



Roll No.....

End Semester Examination, December 2024
Open Elective – IIIrd Semester
Posture and Health (OEC031)

Time: 2.5 hrs.

Max Marks: **50**

Note: ***All Questions are compulsory. Marks are indicated against each question.***

PART-A

Q.1 Attempt any five questions. All questions carry equal marks. [2x5]

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| (a) Define and explain the importance of posture and general health. | [CO-2] [L-1] 2 |
| (b) Define “posture” and “health”. | [CO-2] [L-2] 2 |
| (c) Explain the basic concepts of postural and health assessment and correction. | [CO-2] [L-2] 2 |
| (d) Identify key anatomical structures relevant to posture. | [CO-1] [L-1] 2 |
| (e) Discuss common postural deviations and their effects on daily activities. | [CO-2] [L-2] 2 |
| (f) Interpret basic postural and health assessment data. | [CO-3] [L-3] 2 |
| (g) Provide practical dietary tips for maintaining good posture among students. | [CO-3] [L-3] 2 |

PART-B

Q.2 (a) Analyse how posture is maintained during different positions like standing, sitting, and moving. [CO-4] [L-4] **10**

OR

(b) Compare the principles of ergonomics in designing home and workspace environments. [CO-4] [L-4] **10**

Q.3 (a) Evaluate the role of diet in maintaining good posture and overall well-being. [CO-5] [L-5] **10**

OR

(b) Assess the connection between mental health and physical posture. [CO-5] [L-5] **10**

Q.4 (a) Create a balanced exercise program for maintaining good posture and overall health. [CO-6] [L-6] **10**

OR

(b) Design simple ergonomic interventions for improving posture and health. [CO-6] [L-6] **10**

Q.5 (a) Discuss the effects of prolonged use of digital devices on posture. [CO-2] [L-2] **10**

OR

(b) Describe the benefits of physiotherapy, yoga and alternative therapies for posture and health improvement. [CO-2] [L-2] **10**