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**School:** STA

**Subject:** Physical and Health Education

**Class:** JSS 2

**Week:** 2

**Topic:** Posture and Postural Defects

Posture is the position of the body while sitting, standing, lying and walking. Posture can also be defined as the position the whole body takes when someone performing any physical activity.

#### **Factors that promote good posture**

1. Good diet
2. Exercise
3. Proper body carriage
4. Good health habits
5. Occupation

#### **Postural Defects**

Postural defect is an abnormal deviation from the normal axis of the bones due to abnormalities.

#### **Types of postural defects**

1. Lordosis
2. Kyphosis
3. Scoliosis
4. Flat foot
5. Knock knee
6. Bow leg
7. Abdominal ptosis or pot belly

**Reference:** Physical and Health Education Handbook 2, pages 67-72.

### Causes of postural defects

1. Overeating
2. Heredity
3. Imitation
4. Accidents
5. Poor nutrition
6. Occupation
7. Disease and infection
8. Regular wearing of high heels
9. Wearing uneven soled shoes.

**Assignment:** State three preventive measures for postural defects.