

## Perfect Posture 101 – CE Quiz

Instructions: Choose the best answer for each question. Circle or select A, B, C, or D.

1. What is the primary purpose of good posture according to the course?
  - A. To prevent weight gain
  - B. To improve memory and concentration
  - C. To support spinal curves, muscle balance, and movement efficiency
  - D. To build stronger leg muscles
  
2. What are the natural spinal curves when viewed from the side?
  - A. S-shaped curve with equal distribution
  - B. Cervical lordosis, thoracic kyphosis, lumbar lordosis
  - C. Only two curves in the neck and hips
  - D. One continuous C-curve in adults
  
3. According to Wolff's Law, how does bone structure respond to posture?
  - A. Bone density decreases when upright
  - B. Bone only changes with high-impact activity
  - C. Bone adapts to the mechanical stress placed on it over time
  - D. Bone structure is determined solely by genetics
  
4. Why is gravity considered a constant stressor on posture?
  - A. Because it only affects tall people
  - B. Because it continuously pulls the body downward, magnifying misalignments
  - C. Because it is only active when we sit
  - D. Because muscles can override it entirely
  
5. What role does proprioception play in postural control?
  - A. It increases muscle size and strength
  - B. It provides feedback to the brain about body position and alignment
  - C. It protects the joints from impact injuries
  - D. It helps with digestion and circulation
  
6. Which muscle patterns are typically seen in Upper Cross Syndrome?

- A. Tight glutes and weak hip flexors
- B. Tight pectorals and upper traps, weak deep neck flexors and rhomboids
- C. Tight hamstrings and loose quadriceps
- D. Even tension front-to-back in the torso

7. What is the main difference between postural imbalance and scoliosis?

- A. Postural imbalance is functional and reversible; scoliosis is structural and may involve vertebral rotation
- B. Scoliosis only occurs in children, while postural imbalance affects adults
- C. Postural imbalance always requires bracing
- D. Scoliosis improves with ergonomic chairs alone

8. When setting up a workstation, which of the following is correct?

- A. Monitor should be below chest height
- B. Keyboard should be high and far away
- C. Screen should be at eye level and within arm's reach
- D. Sit forward on the chair edge to improve posture

9. How long should each stretch be held to create lasting muscle change?

- A. 10–15 seconds
- B. 30–60 seconds or longer
- C. 5 seconds
- D. Only until discomfort begins

10. Which yoga pose is recommended to strengthen glutes and stretch hip flexors for Lower Cross Syndrome?

- A. Cat-Cow
- B. Glute Bridge
- C. Standing Forward Bend
- D. Seated Spinal Twist