

Course Title	Postural Correction Programme
Course Code	PTY013
Type of course	Value Added Course
Credits	2
Duration	Minimum 30 contact hours
Course prerequisite	All inter department UG and PG students
Course Objective	<ol style="list-style-type: none"> 1. Distinguish between poor posture and proper posture. 2. Give the description of proper posture. 3. Demonstrate proper posture in standing and sitting posture. 4. State the significance of having a good posture.
Course Outcomes	Students will be able to correct and maintain the good posture and avoid complications that occurs due to bad posture.

Course Syllabus

UNIT-I

Introduction about correct postures (Lying, sitting & standing)

Advantages of correct postures

UNIT-II

Discussion about bad posture, causes of bad posture

Common postural deformities (Knock knee, flat foot, rounded shoulders, lordosis, kyphosis, bow legs & scoliosis).

UNIT-III

Targeted posture exercises to correct the most common posture problems including rounded shoulders, forward head and hunchback

Weekly series of proven posture correction exercises.

Gentle, static releases to stretch the tight postural muscles & how to fix upper & lower back posture

UNIT-IV

Effect of an exercise program for posture correction on musculoskeletal pain

Core exercises for posture

Posture stretches

Sitting posture exercises

Various equipments used to correct the bad posture i.e Dumbbell, weight cuff, posture correctors & Belts