

MBEP 3002

M.B.A. DEGREE EXAMINATION, MAY 2026.

Third Semester

Common Elective

CORRECTIVE HUMAN BODY & POSTURES

(2023 Regulations)

Time : Three hours

Maximum : 75 marks

PART A — (5 × 4 = 20 marks)

Answer any FIVE questions.

1. In what ways does group therapy contribute to corrective physical education?
2. List two advantages and two disadvantages of posture.
3. What are the contributing factors behind the emergence of knock knee?
4. Can you highlight the visible signs and movement impairments caused by lateral spinal defects?

5. In what ways does scoliosis influence balance and posture over time?
6. What role do general corrective measures play in overall posture correction?
7. State two common postural defects of the lower extremities with their causes.
8. Analyze ergonomic hazards and provide two examples.

PART B — (5 × 8 = 40 marks)

Answer any FIVE questions.

9. Describe the role of physical education in developing correct body posture.
10. Discuss the values of good posture and drawbacks of bad posture.
11. Elucidate the different types of postural defects with their causes.
12. Compare kyphosis lordosis, and scoliosis in terms of causes, symptoms, and structural effects.
13. Assess the long-term effects of unaddressed scoliosis in terms of body symmetry and pain.

14. Suggest the corrective exercises for postural defects of Knock-knee and Bow legs.
15. Outline the basic principles of ergonomics shedding light on postural efficiency.
16. Illustrate how important ergonomics is in preventing musculoskeletal disorders.

PART C — (1 × 15 = 15 marks)

Answer the following.

17. Case Study (Compulsory)

Anita is a 35-year-old data entry operator working in an electronics manufacturing company. She spends nearly 8 hours a day sitting at her desk. Recently, she has been experiencing upper back stiffness, wrist pain, and fatigue. An ergonomic assessment revealed that her chair lacked lumbar support and her monitor was positioned too low.

Questions:

- (a) Propose an ergonomic intervention plan, including corrective posture techniques.
- (b) Suggest preventive exercises that would help the operator perform her job with ease and reduce discomfort.