

# Postural Alignment Specialist Practice Test Questions and Answers

## 1. What is the foundation of good posture?

- A) Proper alignment of the spine and balanced muscle strength
- B) Wearing tight clothing
- C) Sitting for long periods
- D) Avoiding all physical activity

## 2. What is forward head posture commonly associated with?

- A) Prolonged computer use and poor ergonomics
- B) Perfect spinal alignment
- C) Strong neck muscles
- D) Optimal breathing patterns

## 3. Which muscles are typically weak in individuals with rounded shoulder posture?

- A) Rhomboids and middle trapezius
- B) Biceps and triceps
- C) Quadriceps and hamstrings
- D) Calves and shins

## 4. What is the primary goal of postural correction exercises?

- A) To restore muscle balance and proper joint alignment
- B) To increase overall body weight
- C) To reduce flexibility
- D) To promote sedentary behavior

Answers: 1-A 2-A 3-A 4-A

For More Postural Alignment Specialist Questions and Answers FREE, Postural Alignment Specialist Online Prep Training, Postural Alignment Specialist Exam, Postural Alignment Specialist Study Guide, Postural Alignment Specialist Flashcards, Postural Alignment Specialist Quizzes visit:

**Postural Alignment Specialist Practice Test**

Practice Test Geeks © All Rights Reserved