

Physical Therapeutics 1

Answer Key

These activities are designed to help students notice how their bodies respond to physical inputs such as posture, movement, and breathing. There are no “right” or “wrong” answers. The goal is awareness and observation.

Activity 1: Posture Reset Check

Students may notice changes such as:

Physical changes

- Feeling taller or more upright
- Reduced tension in the neck or shoulders
- Less pressure in the lower back
- Easier or deeper breathing
- Relaxed shoulders or jaw

Nervous system changes

- Feeling calmer or more settled
- Slight increase in alertness or focus
- Feeling less tense or restless

Important concept

Small changes in posture can quickly change how muscles, breathing, and the nervous system respond. The goal is not perfect posture, but learning how the body feels when it is balanced.

If a student reports little or no change, that is also normal. Awareness develops with practice and some responses may be subtle.

Activity 2: 24-Hour Body Awareness Scan

Students’ answers will vary. Common patterns include:

Habits that may increase physical stress

- Sitting for long periods without movement
- Looking down at phones or tablets frequently
- Carrying a heavy or uneven backpack
- Slouching while gaming or using a computer
- Repeating the same movement for long periods

Habits that may help the body feel better

- Walking or changing positions during the day
- Stretching or moving after sitting
- Spending time outdoors
- Getting enough rest after physical activity
- Sitting or standing with balanced posture

Important concept

The body constantly adapts to repeated physical inputs. The purpose of this activity is to help students notice patterns and understand that everyday habits influence how the body feels and functions.

Key idea connecting both activities

Physical input → Nervous system response → Body adaptation

By becoming aware of physical inputs, students can begin to make small changes that support comfort, movement, and overall health.

Pre-assessment Quiz: Physical Therapeutics

1. What best describes physical therapeutics?

- A. Using medicine to cure illnesses
- B. Avoiding movement during recovery
- C. Using exercise only to improve fitness
- D. Using movement, touch, temperature, light, and sound to support how the body works**

2. The nervous system receives information from which of the following?

- A. Touch, movement, pressure, and body position**
- B. Only food and water
- C. Only sleep
- D. Only exercise

3. What does proprioception mean?

- A. The body's ability to sense its position and movement without looking**

Parent Notes

B. The process of growing taller

C. The ability to run faster

D. The ability to sleep longer

4. What is body awareness?

A. Ignoring how your body feels

B. Only paying attention during sports

C. Noticing how you sit, stand, move, and breathe

D. Only stretching before exercise

5. What is one example of a manual therapy?

A. Playing video games

B. Gentle massage or stretching

C. Drinking water

D. Sleeping longer

6. What is the first step of healthy walking (proper gait)?

A. Swing your arms

B. Jump forward

C. Stand tall and look forward

D. Walk on your toes

7. What does mobility mean?

A. How freely a joint moves

B. How much a muscle weighs

C. How tall a person grows

D. How fast someone runs

8. When is heat usually helpful?

A. When a muscle feels tight or stiff

B. When there is swelling from a new injury

C. When bones are broken

D. When a person is asleep

9. What does blue light from screens do?

A. Makes muscles stronger

B. Helps you fall asleep quickly

C. Signals the brain to stay alert and awake

D. Makes bones grow faster

10. What is a sign of a properly fitting shoe?

A. Toes are squeezed tightly

B. There is a thumb's width of space between the toe and the end of the shoe

C. The heel slides up and down

D. The shoe bends in the middle