



# 3

## Self-Assessment

Student text pages 48-50

### HEALTHY BACK TEST

**Objective:** To perform exercises that test the muscles that support your back.

The risk of back problems now or later in life is increased if you have short or weak muscles in certain areas of the body. You can determine your risk of back problems by taking the Healthy Back Test. If you know that you have a back problem, you should not do the test until you check with your doctor.

**Procedure:** Read the directions for the Healthy Back Test on textbook pages 48-50. After trying each test, record a description of your performance on the chart below. Then record your score based on your performance. After you have completed all six tests, add your points. Record your rating using the Healthy Back Test Rating Chart on page 50 of your textbook.

#### Healthy Back Test

Test	Your performance description	Score
Single-Leg Lift (Supine)		
Knee to Chest		
Single-Leg Lift (Prone)		
Curl-Up		
Trunk Lift and Hold		
Back to Wall		
	<b>Total score:</b>	
	<b>Rating:</b>	

1. What can you do to lower your risk of back problems?

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2. How do you think your risk will change as you grow older? Why?

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# 3.2

## Activity

Student text pages 55-57

### BACK EXERCISE CIRCUIT

**Objective:** To learn and perform exercises to help strengthen the muscles of the back and improve posture.

**Procedure:** Follow the instructions on textbook pages 55-57 to perform the exercises. Remember to move only as far as the instructions specify. For each exercise, place a check in the box if you completed it successfully and record the number of repetitions completed. As you exercise, try to determine which muscles are affected.

#### 1. Curl-Up

Completed

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_



#### 3. Double-Leg Lift (Table or Bench)

Completed

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_



#### 2. Trunk Lift (Table or Bench)

Completed

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_



#### 4. Reverse Curl

Completed

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_



#### 5. Knee to Chest

Completed

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_

**6. Arm and Leg Lift**Completed 

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_

**7. Single-Leg Hang**Completed 

Number of repetitions: \_\_\_\_\_

Muscles affected: \_\_\_\_\_

**Discuss Your Results**

1. Were there any exercises in which you found it difficult to perform the recommended number of repetitions?

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2. If you found one or more exercises particularly difficult, how would you go about improving your performance?

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**Other Exercises**

The exercises listed here can also help strengthen your back and improve your posture:

**Back Flattener:** The back flattener helps strengthen your abdominal muscles. See textbook page 272 for instructions.

**Hip and Thigh Stretch:** The hip and thigh stretch helps stretch the hip muscles. See textbook page 40 for instructions.

**Trunk Lift:** The trunk lift helps strengthen your upper back muscles. See textbook page 55 for instructions.

**Back-Saver Hamstring Stretch:** The back-saver hamstring stretch helps stretch your hamstring muscles. See textbook page 40 for instructions.

**Knee-to-Nose Touch:** The knee-to-nose touch also helps stretch your lower back. See textbook page 40 for instructions.