List 5 things to assess in a standing (static) position.

- Postural sway with eyes open and shut – closed
- Posture, posture and facial signs
- Base of support (BOS)
- Upper and lower extremity alignment
- Centre of mass (centre of gravity) which lay just anterior to S_2 vertebra

What are the 3 components of health-related physical fitness?

- Cardiorespiratory
- Muscular
- Body fat
- Cardiorespiratory (aerobic capacity)
- Muscular (strength, power and strength endurance)

Define spondylolisthesis.

Spondylolisthesis is an anterior or posterior displacement of a vertebra or the lumbosacral junction in relation to the vertebra below.

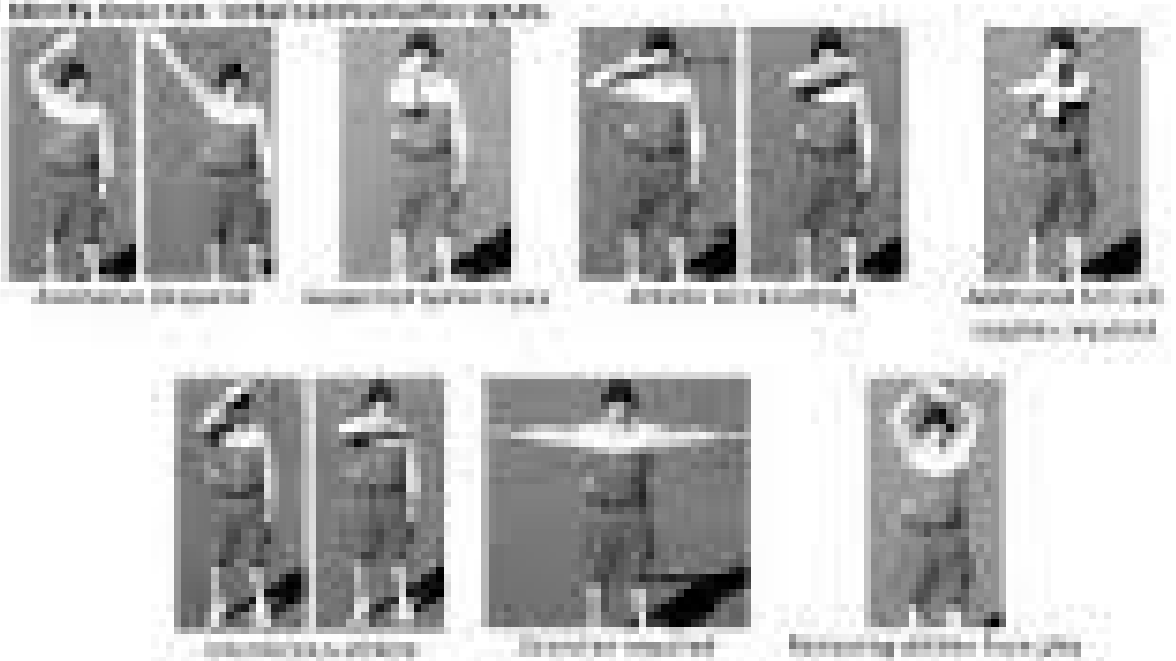
Define spondylosis.

Spondylosis is a defect in vertebrae due to the presence of pars of the vertebrae.

Define chest angle.

Rib angle is the angle between the ribs and the sternum at the xiphoid process.

What is the P.A.S.T. acronym for identifying if someone is having a stroke?

1. Face: Has their mouth drooped?
2. Arms: Can they lift both arms?
3. Speech: Is their speech slurred? Do they understand you?
4. Time: Time is critical. Call 999.

Identify these non-verbal communication signals.