

AO3 Computer and correct body posture

Intervenients: A Teacher and her students

Date: may 2017

Place: School,



Nr of students: 36

Skills targeted:

- To keep the correct posture
- To learn how to keep one's posture while sitting in front of the screen

Aims and description:

- to learn how to keep one's posture while sitting in front of the screen
- to be fit and healthy and avoid back pain caused by spending a long time in unsuitable

Students gave a lecture by PPTs and brochures, and they tried to apply what they have learned when they are in front of a computer in the room and discussed and corrected your colleagues on your posture.

Results / Outcomes: session, brochure

