In the abstract, the authors investigate shoulder muscle coactivation in yoga postures to help restore muscle balance in patients with shoulder dysfunction.

**Purpose:**

- **Introduce the purpose of the study:** Students are asked to focus on understanding the core content of the abstract, the introduction, and the methods sections to grasp the purpose and methodology of the research. They are also encouraged to consider how the purpose and methods sections inform the conclusions drawn in the paper.

**Introduction:**

- **Provide an introduction to the study:** The introduction sets the stage for the research by discussing the background, relevance, and objectives. It should convey a clear understanding of the context and significance of the study.

**Methods:**

- **Describe the methods used:** The methods section should provide a detailed account of the experimental design, procedures, and data collection techniques. Students are encouraged to analyze the methods to ensure they align with the purpose of the study.

**Results:**

- **Summarize the results:** The results section presents the findings of the research. Students are expected to extract key data and interpret their significance.

**Discussion:**

- **Discuss the implications of the results:** The discussion section extends the results by providing insights and implications. It is crucial for students to read this section critically to connect the findings back to the research questions.

**Conclusion:**

- **Conclude the study:** The conclusion section synthesizes the results and links them back to the research objectives. Students are encouraged to reflect on the implications and future directions for research.

**Further reading:**

- **Recommend additional reading:** The references section provides a list of cited works, which can be used for further reading and deeper understanding.

**Visual aids:**

- **Interpret the images:** Students should analyze any graphs, tables, or figures within the text to enhance comprehension of the material.

**Question:**

- **Develop critical thinking questions:** Based on the text, students are encouraged to think critically about the research and its implications.

**Guiding questions:**

- **What is the main objective of the study?**
- **Which methods were employed?**
- **What were the key findings?**
- **How do these findings contribute to understanding shoulder muscle coactivation?**

**Critical thinking:**

- **Evaluate the study's methodology:** Students should assess the research's reliability and generalizability.

**Reflection:**

- **Personal reflection:** Students are encouraged to reflect on how the text connects to their personal experiences or broader perspectives.