

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
2	"In Lordosis forward and backward till of the pelvic organs appears. This faulty position is a frequent cause of low back pain due to strain in the lower back area" are called	A. Hollow back B. Scoliosis C. Kyphosis D. Flat feet
3	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
4	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
5	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
6	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
7	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
8	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Schocliosis D. All of them
9	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
10	While walking if the weight of the body is evenly distributed between two feet then this is	A. Good posture B. Jogging C. Running D. Bad posture
11	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
12	Causes of schocliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them
13	A person with gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
14	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
15	If a person has, He/She does not appear to have confidence and alertness	A. Disease B. Weakness C. Bad posture D. Defecitve hearing/vision

6	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
17	How many causes of Lordosis	A. 12 B. 13
		C. 14 D. 15