

## Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	"In Lordosis forward and backward tilt 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
2	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
3	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Scoliosis D. All of them
4	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
5	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
6	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
7	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
8	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
9	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
10	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
11	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
12	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
13	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
14	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
15	If a person has _____, He/She does not appear to have confidence and alertness	A. Disease B. Weakness C. Bad posture D. Defective hearing/vision

---

16	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
17	Causes of scoliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them

---