

## 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	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
3	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
4	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
5	Causes of scoliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them
6	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
7	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
8	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
9	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
10	If a person has _____, He/She does not appear to have confidence and alertness	A. Disease B. Weakness C. Bad posture D. Defecitive hearing/vision
11	"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
12	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
13	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Scoliosis D. All of them
14	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
15	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique

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16	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
17	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15

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