

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
2	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
3	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
4	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Schocliosis D. All of them
5	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
6	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
7	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
8	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
9	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
10	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
11	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
12	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
13	Causes of schocliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them
14	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
15	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder

16	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
17	"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