

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

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

16 Causes of scoliosis are

A. Decline with defected shoulder
B. Swimming with breast stroke style
C. Balanced food
D. All of them

17 This can cause flat foot

A. Diet
B. Exercise
C. Sitting
D. Jumping
