

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

| Sr | Questions | Answers Choice |
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| 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 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 |
| 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. Scholiosis 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 |

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| 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 |