

Physical Education Fa Part 1 English Medium Chapter 9 Online Test

Sr	Questions	Answers Choice
1	In care of fracture the first thing to do is	A. Wash the wound B. Cut the cloth C. Stop bleeding D. To join bone fragments
2	First aid provide immediate _____ to patient	A. Treatment B. Medicine C. Advice D. Relief
3	Hard tissue injuries are those which affect the	A. Skin B. Muscle C. Bone D. Tissue
4	What is the first thing that a first aider must check the patient for	A. Fractures B. Bleeding C. Wounds D. Broken limbs
5	This is not a first aid equipment	A. Safety B. Knife C. Spoon D. Tweezers
6	The use of medication for muscle injury is a _____ treatment	A. Primary B. Optional C. Secondary D. Alternative
7	A spiral fracture is one which causes a bone to form a _____ shape	A. S B. C C. U D. L
8	Athletic injuries are most common in	A. Team sports B. Collision sports C. Indoor sports D. Individual sports
9	A partial fracture common in children is called	A. Impacted fracture B. Serrated fracture C. Green stick fracture D. Oblique fracture
10	Which of the following is not an acute injury	A. Sprain B. Muscle soreness C. Pulled muscle D. Fracture
11	A depressed fracture is common in	A. Knee B. Foot C. Arm D. Skull
12	One of the most common injury is	A. Muscle pull B. Fracture C. Heat cramps D. Tendon damage
13	A first aider must be well aware of his/her own	A. Confidence B. Weaknesses C. Limitations D. Abilities
14	This is not a first aid medicine	A. Talcum powder B. Iodex C. Throat lotion D. Common salt
15	A simple / closed fracture is when a bone is	A. Damaged but not broken B. Broken in two C. Broken in many pieces D. Not broken

16 Moderate tear is which type of injury

- A. Open injury
 - B. Hard tissue injury
 - C. Acute injury
 - D. Muscle cramp
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17 The "C" in RICE stand for

- A. Compassion
 - B. Compound
 - C. Composite
 - D. Compression
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