

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
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	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
4	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
5	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
6	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Scoliosis D. All of them
7	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
8	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
9	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
10	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
11	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
12	Causes of scoliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them
13	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
14	"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
15	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping

16 Another name for kyphosis is

A. Flat foot
B. Hollow back
C. Round back
D. Uneven shoulder

17 How many bones in our feet

A. 25
B. 26
C. 27
D. 28
