

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	Causes of scoliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them
2	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
3	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
4	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
5	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
6	"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
7	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
8	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
9	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
10	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
11	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
12	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
13	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
14	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
15	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Scoliosis D. All of them

16	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
17	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
