Physical Education Fa Part 1 English Medium Chapter 8 Online Test

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

16	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
17	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder