

Physical Education Fa Part 1 English Medium Chapter 9 Online Test

Sr	Questions	Answers Choice
1	One of the most common injury is	A. Muscle pull B. Fracture C. Heat cramps D. Tendon damage
2	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
3	The "C" in RICE stand for	A. Compassion B. Compound C. Composite D. Compression
4	The use of medication for muscle injury is a _____ treatment	A. Primary B. Optional C. Secondary D. Alternative
5	Athletic injuries are most common in	A. Team sports B. Collision sports C. Indoor sports D. Individual sports
6	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
7	Moderate tear is which type of injury	A. Open injury B. Hard tissue injury C. Acute injury D. Muscle cramp
8	Which of the following is not an acute injury	A. Sprain B. Muscle soreness C. Pulled muscle D. Fracture
9	This is not a first aid equipment	A. Safety B. Knife C. Spoon D. Tweezers
10	A first aider must be well aware of his/her own	A. Confidence B. Weaknesses C. Limitations D. Abilities
11	A depressed fracture is common in	A. Knee B. Foot C. Arm D. Skull
12	This is not a first aid medicine	A. Talcum powder B. Iodex C. Throat lotion D. Common salt
13	A spiral fracture is one which causes a bone to form a _____ shape	A. S B. C C. U D. L
14	What is the first thing that a first aider must check the patient for	A. Fractures B. Bleeding C. Wounds D. Broken limbs
15	A partial fracture common in children is called	A. Impacted fracture B. Serrated fracture C. Green stick fracture D. Oblique fracture

16	First aid provide immediate _____ to patient	A. Treatment B. Medicine C. Advice D. Relief
17	Hard tissue injuries are those which affect the	A. Skin B. Muscle C. Bone D. Tissue