

Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	How many causes of measles	A. 4 B. 5 C. 6 D. 7
2	How many objective of heath education	A. 4 B. 5 C. 6 D. 7
3	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
4	How many causes of small pox	A. 4 B. 5 C. 6 D. 7
5	When a person falls sick and recovers from that disease, the body will gain a	A. Acquired immunity B. Natural immunity C. Artificial immunity D. Double immunity
6	In the direction of the throw, the ground must be elevated	A. 20000 : 2 B. 200 : 2 C. 1000 : 1 D. 100 : 1
7	The discus used in the match is	A. Competitor's B. Coach's C. Organizer's D. Other competitor's
8	Gymnastics is also called as	A. Father of all sports B. Mother of all sports C. Child of all sports D. Science of all sports
9	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
10	"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
11	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
12	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
13	The height of the net for girls is	A. 2.24m B. 3.24m C. 2.43m D. 3m
14	How many lanes in track of relay race?	A. 8 B. 7 C. 6 D. 4
15	"Health had been considered that quality of life by which man is able to lead his life happy and serve others" are called	A. Health B. physical education C. Health education D. none of them

16	If however only few persons have infection disease it is called	A. Sporadic way B. Pandemic way C. Endemic way D. Epidemic way
17	The blood vessels responsible for the interchange of oxygen and carbon dioxide are	A. Veins B. Lymph's C. Arteries D. Cappilaries
18	Hard tissue injuries are those which affect the	A. Skin B. Muscle C. Bone D. Tissue
19	Physical education is a complete area of teaching. This is a process which improves bodily, mental, emotional and social aspects of a person. This is said by	A. Charles Butcher B. J.B. Nash C. John Dewey D. Mr. Sherman
20	What is the size of football ball?	A. 69 - 71 cm B. 68 - 70 cm C. 67 - 69 cm D. 67 - 38 cm
