

Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	"Health not only teaches about health and fitness but also how to maintain a healthy life style" are said by	A. Rider B. Delbert C. Willson D. John Locke
2	The _____ system coordinates all the systems of the body by use of hormones	A. Nervous B. Circulatory C. Absorptive D. Endocrine
3	The blood vessels responsible for the interchange of oxygen and carbon dioxide are	A. Veins B. Lymph's C. Arteries D. Capillaries
4	Prevention of diseases, hygiene, healthy eating habits are examples of	A. Basic health education B. Basic school education C. College education D. Secondary healthy education
5	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
6	A way of life in which a person follows such activities which helps to build good muscular body, maintain nervous system and help to make a person good, said by	A. John Dewey B. Rossalind Cassidy C. J.B. Nash D. Charles Butcher
7	How many objective of health education	A. 4 B. 5 C. 6 D. 7
8	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing
9	Modern man spending his life	A. Poverty life B. Unrealistic life C. Wisdom life D. Hardworking life
10	A partial fracture common in children is called	A. Impacted fracture B. Serrated fracture C. Green stick fracture D. Oblique fracture
11	If however only few persons have infection disease it is called	A. Sporadic way B. Pandemic way C. Endemic way D. Epidemic way
12	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
13	Athletic injuries are most common in	A. Team sports B. Collision sports C. Indoor sports D. Individual sports
14	How many causes of measles	A. 4 B. 5 C. 6 D. 7
15	The area in which volley ball is played is called	A. Field B. Court C. Pitch D. Ground

16	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century
17	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping
18	A depressed fracture is common in	A. Knee B. Foot C. Arm D. Skull
19	The area of the front zone is	A. 8 x 2 B. 8 x 3 C. 9 x 2 D. 9 x 3
20	Physical exercises are an important _____ in Islam	A. Part B. Art C. Option D. Science
