

## Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	Exercising is important for	A. Children B. Senior citizens C. Every one D. Youth
2	The competitors are given 3 attempts when there are competitors	A. Less than 8 B. Less than 6 C. More than 8 D. More than 6
3	Modern man spending his life	A. Poverty life B. Unrealistic life C. Wisdom life D. Hardworking life
4	The width of the court is	A. 10 m B. 15 m C. 9 m D. 5 m
5	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Schocliosis D. All of them
6	The duration of football match is	A. 60 min B. 90 min C. 80 min D. 45 min
7	The line which divides the court in two equal parts is called	A. Middle line B. Side line C. Half line D. Center line
8	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
9	The area of the front zone is	A. 8 x 2 B. 8 x 3 C. 9 x 2 D. 9 x 3
10	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
11	Athletic injuries are most common in	A. Team sports B. Collision sports C. Indoor sports D. Individual sports
12	Players is the ambassador of	A. Government B. Politics C. Peace D. Trade
13	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
14	To start a difficult work we need to do	A. Warm up B. Warm down C. Sleep D. Nothing
15	One of the most common injury is	A. Muscle pull B. Fracture C. Heat cramps D. Tendon damage

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16	The _____ system coordinates all the systems of the body by use of hormones	A. Nervous B. Circulatory C. Absorptive D. Endocrine
17	"Health education is the sum of experiences each favourably influence the habits, attitudes and knowledge relating to individual, community and social health" said by	A. Thomas wood B. Willson grout C. Rider D. John locker
18	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
19	How many causes of chicken pox	A. 2 B. 3 C. 4 D. 5
20	What is shape of foot ball ground	A. Rectangular B. Square C. Circular D. Triangular

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