

## Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	The competitor will be shown a _____ flag before the last 15 seconds	A. Red B. White C. Yellow D. Green
2	Exercising is important for	A. Children B. Senior citizens C. Every one D. Youth
3	Blood coagulation is a process in which _____ is formed	A. Serum B. Platelets C. Fibrin D. Electrolytes
4	Length of foot ball ground for international matches	A. 90m (100 yard) B. 110m (120 yard) C. 120m (130 yard) D. 75m (80 yard)
5	The area of the front zone is	A. 8 x 2 B. 8 x 3 C. 9 x 2 D. 9 x 3
6	In this modern era how does man spend his time	A. In physical struggle B. In sedentary C. In poverty D. intelligently
7	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
8	Gymnastic activities make a man	A. Lazy B. Weak C. Active D. Nothing
9	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing
10	Health and physical education works for betterment of	A. Humanity B. Economics C. Country D. Science
11	What is the first thing that a first aider must check the patient for	A. Fractures B. Bleeding C. Wounds D. Broken limbs
12	Osteocytes are cells found in the	A. Muscles B. Nerves C. Blood D. Bones
13	What is the size of football ball?	A. 69 - 71 cm B. 68 - 70 cm C. 67 - 69 cm D. 67 - 38 cm
14	Who has said "Surely your body and strength have right on you"	A. Hazrat Abdul Qadir Jilani B. Hazrat Ali (R.A) C. Our Prophet D. Hazrat Muhammad (P.B.U.H)

15	Physical education makes _____ between nerves and muscles	A. Davison B. Relation C. Problems D. Nothing
16	In modern society crime attracts	A. Children B. Senior citizen C. Youth D. Educated people
17	Physical education is the _____ part of ordinary study?	A. Irrelevant B. Compulsory C. Little bit D. Relevant
18	A depressed fracture is common in	A. Knee B. Foot C. Arm D. Skull
19	How many objective of heath education	A. 4 B. 5 C. 6 D. 7
20	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping