

Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	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
2	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
3	The _____ system coordinates all the systems of the body by use of hormones	A. Nervous B. Circulatory C. Absorptive D. Endocrine
4	One of the most common injury is	A. Muscle pull B. Fracture C. Heat cramps D. Tendon damage
5	Moderate tear is which type of injury	A. Open injury B. Hard tissue injury C. Acute injury D. Muscle cramp
6	The number of linemen in a foot ball match is	A. 1 B. 4 C. 2 D. 3
7	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
8	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
9	The "C" in rices stand for	A. Compassion B. Compound C. Composite D. Compression
10	The process by which air is moved in and out of lungs is called	A. Inhaling B. Respiration C. Breathing D. Expiration
11	The discus must land	A. Outside the lines B. Within the edges C. Behind the lines D. Outside the edges
12	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
13	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
14	An average adult body contains _____ quarts of blood	A. 5-6 B. 4-5 C. 6-7 D. 3-4
15	Health education teaches principles and physical education enables to	A. Oppose them B. Understand them C. Learn them D. Practice them

16	"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
17	Physical education is ordinary education whose purpose is to maintain a person by	A. Physical activities B. Nerve activities C. Economical activities D. Political activities
18	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
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	The centre of the discus should be _____ than the rim	A. Thicker B. Equal C. Thiner D. Hollow
