

Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
2	"In Lordosis forward and backward tilt 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
3	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
4	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
5	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
6	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
7	While walking if the weight of the body is evenly distributed between two feet then this is	A. Good posture B. Jogging C. Running D. Bad posture
8	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
9	If a person has _____, He/She does not appear to have confidence and alertness	A. Disease B. Weakness C. Bad posture D. Defective hearing/vision
10	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
11	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
12	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
13	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
14	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
15	How many bones in our feet	A. 25 B. 26 C. 27 D. 28

16	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Schocliosis D. All of them
17	Causes of schocliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them