

## Physical Education Fa Part 1 English Medium Chapter 9 Online Test

Sr	Questions	Answers Choice
1	First aid provide immediate _____ to patient	A. Treatment B. Medicine C. Advice D. Relief
2	A first aider must be well aware of his/her own	A. Confidence B. Weaknesses C. Limitations D. Abilities
3	What is the first thing that a first aider must check the patient for	A. Fractures B. Bleeding C. Wounds D. Broken limbs
4	This is not a first aid equipment	A. Safety B. Knife C. Spoon D. Tweezers
5	This is not a first aid medicine	A. Talcum powder B. Iodex C. Throat lotion D. Common salt
6	Athletic injuries are most common in	A. Team sports B. Collision sports C. Indoor sports D. Individual sports
7	Hard tissue injuries are those which affect the	A. Skin B. Muscle C. Bone D. Tissue
8	Moderate tear is which type of injury	A. Open injury B. Hard tissue injury C. Acute injury D. Muscle cramp
9	Which of the following is not an acute injury	A. Sprain B. Muscle soreness C. Pulled muscle D. Fracture
10	One of the most common injury is	A. Muscle pull B. Fracture C. Heat cramps D. Tendon damage
11	The "C" in RICE stand for	A. Compassion B. Compound C. Composite D. Compression
12	The use of medication for muscle injury is a _____ treatment	A. Primary B. Optional C. Secondary D. Alternative
13	A simple / closed fracture is when a bone is	A. Damaged but not broken B. Broken in two C. Broken in many pieces D. Not broken
14	A depressed fracture is common in	A. Knee B. Foot C. Arm D. Skull
15	A partial fracture common in children is called	A. Impacted fracture B. Serrated fracture C. Green stick fracture D. Oblique fracture

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16 A spiral fracture is one which causes a bone to form a \_\_\_\_\_ shape

- A. S
  - B. C
  - C. U
  - D. L
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17 In care of fracture the first thing to do is

- A. Wash the wound
  - B. Cut the cloth
  - C. Stop bleeding
  - D. To join bone fragments
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