

Physical Education Fa Part 1 English Medium Online Test

Sr	Questions	Answers Choice
1	The word physical is used to describe	A. Physics of a body B. Chemistry of a body C. Weight of a body D. Movement of a body
2	Physical education is a _____ part of the learning process	A. Not important B. Compulsory C. Normal D. Minimum
3	The statement "Physical education is related to muscular exercises and its effects" is said by which expert	A. J.B. Nash B. Charles Butcher C. John Dewey D. Rosaland Cassidy
4	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
5	The aim of physical education is to improve the physique by activities	A. Political B. Economic C. Psychological D. Physical
6	Man has been utilizing physical education since	A. The first Olympics B. Early modern era C. Birth D. The youth
7	In this modern era how does man spend his time	A. In physical struggle B. In sedentary C. In poverty D. intelligently
8	A player is an ambassador of	A. Trade B. Government C. Peace D. Politics
9	Physical education creates _____ between mind and body	A. Weakness B. Separation C. Distinction D. Coordination
10	Modern time characterizes	A. Labourious B. Technological C. happiness D. Spiritual
11	Practising physical education improves	A. Habits B. Natural ability C. Envy D. Wishes
12	Physical education builds	A. Anger B. Revenge C. Fear D. Cooperation
13	In modern society crime attracts	A. Children B. Senior citizen C. Youth D. Educated people
14	Physical education is considered both as science and	A. Profession B. Career C. Politics D. Art
15	Exercising is important for	A. Children B. Senior citizens C. Every one D. Youth

16	Physical education is used to _____ constructive habits	A. Decrease B. Develop C. Maintain D. Provide
17	Who has said "A strong Muslim is better than a weak muslim	A. Our Prophet B. Sahaba e karam C. Tabaine D. Oliya karam
18	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. Quaid-e-Azam
19	Exercise _____ personality of an individual	A. Reduces B. Alters C. Develops D. Maintain
20	Physical exercises are an important _____ in Islam	A. Part B. Art C. Option D. Science
21	Leisure time is better utilized in	A. Sleeping B. Exercising C. Eating D. Shopping
22	Physical education is the branch of study which deals with the muscles and their movements. Said by	A. J.B. Nash B. Charles Butcher C. John Dewey D. Rosaland Cassidy
23	"Physical education is the most complete/important part of the study it is a study whose purpose is to make a person's body, mind healthy by the help of physical activities" said by	A. Charles Butcher B. J.B Nash C. Rosaland Cassidy D. John Dewey
24	Physical education is the part of study?	A. Half part B. Complete part C. Fourth part D. One third part
25	Physical education is the _____ part of ordinary study?	A. Irrelevant B. Compulsory C. Little bit D. Relevant
26	Modern man spending his life	A. Poverty life B. Unrealistic life C. Wisdom life D. Hardworking life
27	Physical education makes _____ between nerves and muscles	A. Davison B. Relation C. Problems D. Nothing
28	Players is the ambassador of	A. Government B. Politics C. Peace D. Trade
29	Physical education is the result of those changings which can been seen in a person after physical movements, "said by	A. Charles Butchers B. John Dewey C. Rossaland Cassidy D. J.B Nash

		Dr. S. S. K. K.
30	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
31	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
32	Man is following the teachings of physical education since from the	A. Beginning of Olympics B. Beginning of the world C. Beginning of his birth D. Beginning of the modern time
33	Physical education is science as well as	A. Job B. Politics C. Art D. Games
34	Modern man is working hard to get	A. Good economical life B. Home C. Education D. Good social life
35	The base of physical education is	A. Health B. Strength C. Intelligence D. Movements
36	An example of involuntary movements is	A. Heart beat B. Walking C. Bending D. Jumping
37	Gymnastics is a word of which language?	A. Latin B. Persian C. Greek D. Arabic
38	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
39	Gymnastics make a body	A. Gain weight B. Lose weight C. Flexible D. Weak
40	How many group are there in physical education activities?	A. 3 B. 6 C. 5 D. 10
41	Final activity for the lesson of gymnastics is	A. Warm up B. Resting C. Warm down D. Lateral exercise
42	Teaching of gymnastics rise in Europe in	A. 20th century B. 19th century C. 18th century D. 17th century
43	People of Greece takes the word gymnastics in	A. Huge meanings B. Limited meanings C. Specific meanings D. Only in exercise point of view
44	The first people to understand the importance of physical education are	A. Greek B. Egyptian people C. Pakistani people D. None of these
45	Which Country first used word gymnastics	A. Greece B. America C. British D. German
46	Last activities of gymnastics is	A. Warm down B. Rest C. Warm up D. Nothing
47	To start a difficult work we need to do	A. Warm up B. Warm down C. Sleep

		C. Sleep D. Nothing
48	From where the word gymnastic come	A. Persian language B. English language C. Urdu language D. Greek
49	The activities which make the body flexible are	A. Gymnastics B. Health C. Game D. Nothing
50	Gymnastic activities make a man	A. Lazy B. Weak C. Active D. Nothing
51	How many groups are in gymnastic activities	A. 2 B. 3 C. 5 D. 9
52	What is shape of foot ball ground	A. Rectangular B. Square C. Circular D. Triangular
53	Length of foot ball ground for international matches	A. 90m (100 yard) B. 110m (120 yard) C. 120m (130 yard) D. 75m (80 yard)
54	What is the size of football ball?	A. 69 - 71 cm B. 68 - 70 cm C. 67 - 69 cm D. 67 - 38 cm
55	The foot ball field is divided into _____ parts	A. Only one B. Two C. Three D. Four
56	A foot ball team consists of _____ players	A. 11 B. 9 C. 7 D. 6
57	The number of linemen in a foot ball match is	A. 1 B. 4 C. 2 D. 3
58	The duration of football match is	A. 60 min B. 90 min C. 80 min D. 45 min
59	The football match is started by a	A. Goal kick B. Penalty kick C. Corner kick D. Kick off
60	The area in which volley ball is played is called	A. Field B. Court C. Pitch D. Ground
61	The length of court is	A. 18 m B. 20 m C. 25 m D. 10 m
62	The width of the court is	A. 10 m B. 15 m C. 9 m D. 5 m
63	The line which divides the court in two equal parts is called	A. Middle line B. Side line C. Half line D. Center line
64	The area of the front zone is	A. 8 x 2 B. 8 x 3 C. 9 x 2 D. 9 x 3
		A. 10m (33ft) B. 15m (50ft)

65	The width of the service zone is	B. 10m (30ft) C. 9m (30ft) D. 6m (20ft)
66	The width of the attack line is	A. 5cm B. 7cm C. 3cm D. 4cm
67	The height of the net for boys is	A. 2m B. 3.42m C. 2.43m D. 3.43m
68	The height of the net for girls is	A. 2.24m B. 3.24m C. 2.43m D. 3m
69	A discus is _____ in shape	A. Square B. Round C. Oval D. Triangular
70	The centre of the discus should be _____ than the rim	A. Thicker B. Equal C. Thinner D. Hollow
71	The order in which the competitors play is decided by	A. The organizers B. By competitors choice C. By drawing lots D. By spectators choice
72	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
73	The competitors are given 6 attempts each when there are competitors	A. 8 or less B. 6 or less C. 10 or less D. 12 or less
74	On the field each competitor is allowed _____ practice throws	A. One B. Five C. Three D. Two
75	The competitor may leave the circle when	A. The next competitor comes B. The discus has landed C. The discus is thrown D. The discus is brought back
76	The discus must land	A. Outside the lines B. Within the edges C. Behind the lines D. Outside the edges
77	In the direction of the throw, the ground must be elevated	A. 20000 : 2 B. 200 : 2 C. 1000 : 1 D. 100 : 1
78	The discus used in the match is	A. Competitor's B. Coach's C. Organizer's D. Other competitor's
79	The measurement of each throw must be taken at	A. End of the match B. Beginning of the throw C. Immediately before throw D. Immediately after throw
80	A competitor can throw a discus _____ at a time	A. Once B. Twice C. Thrice D. Many times
81	The competitor must start the throw within	A. 2 minutes B. 5 minutes C. 10 minutes D. 1 minute
82	The competitor will be shown a _____ flag before the last 15 seconds	A. Red B. White C. Yellow D. Green

83	It a competitor feels that a throw was wrongly given invalid, He/She can protest to	A. The spectators B. The referee C. The organizer D. The coach
84	What is the track of Relay Race?	A. 4 x 100 B. 5 x 100 C. 6 x 100 D. 7 x 100
85	How many lanes in track of relay race?	A. 8 B. 7 C. 6 D. 4
86	Healthy has been considered that _____ of life	A. Quality B. Part C. Both a and b D. None of these
87	"In other for one to be healthy and fit one needs to be educated and in order to be properly educated one needs to be healthy and fit" said by	A. Delbert Oberteuffer B. Rider C. Willson grout D. John locke
88	"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
89	How many classification of health education?	A. 2 B. 3 C. 4 D. 5
90	How many principles of healthy life	A. 10 B. 11 C. 12 D. 13
91	Educated people are more aware about	A. Sports issues B. Political issues C. Entertainment issues D. Health issues
92	Prevention of diseases, hygiene, healthy eating habits are examples of	A. Basic health education B. Basic school education C. College education D. Secondary healthy education
93	A _____ person can have a longer life	A. Wealthy B. Political C. Healthy D. Strong
94	Health education is the translation of what is known about health into individual and community behavior patterns by means of education process was said by	A. Dr. Thomas Wood B. Willson Grout C. John Locke D. Ott Romney
95	Health and physical education works for betterment of	A. Humanity B. Economics C. Country D. Science
96	Health education teaches principles and physical education enables to	A. Oppose them B. Understand them C. Learn them D. Practice them
97	"Health had been considered that quality of life by which man is able to lead his life happy and serve others" are called	A. Health B. physical education C. Health education D. none of them
98	"Health not only teaches about health and fitness but also how to maintain a healthy life style" are said by	A. Rider B. Delbert C. Willson D. John Locke
99	How many types of health education	A. 2 B. 3 C. 4 D. 5
100	How many objective of heath education	A. 4 B. 5 C. 6 D. 7

101	"The scope and area of Health education is only to protect and maintain to health of persons accordingly physically, mentally and emotionally" are said by	A. Rider B. Delbert Oberteuffer C. Thomas wood D. Willson Grout
102	What is heath?	A. Heath is also known as well being and discusses full life B. When body organs are working in a good way C. A heath person is free from daily tensions D. All of them
103	The _____ is the basic structural and functional unit of all living organisms	A. Protein B. Nucleus C. Organelle D. Cell
104	Plant cells have a larger	A. Nucleus B. Vacuole C. Protoplasm D. Cell wall
105	The first phase of cell division is	A. Pro phase B. Ana phase C. Meta phase D. Telo phase
106	The method of call division in which chromosomes are not formed is	A. Vitosis B. Zitosis C. Amitosis D. Metosis
107	Osteocytes are cells found in the	A. Muscles B. Nerves C. Blood D. Bones
108	Organs are formed by the groups of	A. Cells B. Tissues C. Membranes D. Blood vessels
109	The _____ system coordinates all the systems of the body by use of hormones	A. Nervous B. Circulatory C. Absorptive D. Endocrine
110	The _____ system keeps a body healthy and fit	A. Respiratory B. Digestive C. Muscular D. Absorptive
111	The blood contains these particles necessary for blood clotting	A. Platelets B. White blood cells C. Red blood cells D. Plasma
112	The _____ remove disease causing germs from the blood	A. Platelets B. White blood cells C. Red blood cells D. Plasma
113	Blood coagulation is a process in which _____ is formed	A. Serum B. Platelets C. Fibrin D. Electrolytes
114	The blood vessels responsible for the interchange of oxygen and carbon dioxide are	A. Veins B. Lymph's C. Arteries D. Cappilaries
115	An average adult body contains _____ quarts of blood	A. 5-6 B. 4-5 C. 6-7 D. 3-4
116	The heart consists of _____ chambers	A. Three B. Two C. Five D. Four
117	The blood circulation which transport blood from one organ to another is	A. Pulmonary circulation B. Portal circulation C. Systemic circulation D. Coronary circulation

118	The process by which air is moved in and out of lungs is called	A. Inhaling B. Respiration C. Breathing D. Expiration
119	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
120	"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
121	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
122	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
123	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
124	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance
125	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
126	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique
127	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
128	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
129	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
130	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
131	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
132	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
133	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
134	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Scholiosis D. All of them
135	Causes of scholiosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them

D. All of them

136	Tissues are joined together by a substance called	A. Matter B. Antimatter C. Matrix D. Antimatrix
137	First aid provide immediate _____ to patient	A. Treatment B. Medicine C. Advice D. Relief
138	A first aider must be well aware of his/her own	A. Confidence B. Weaknesses C. Limitations D. Abilities
139	What is the first thing that a first aider must check the patient for	A. Fractures B. Bleeding C. Wounds D. Broken limbs
140	This is not a first aid equipment	A. Safety B. Knife C. Spoon D. Tweezers
141	This is not a first aid medicine	A. Talcum powder B. Iodex C. Throat lotion D. Common salt
142	Athletic injuries are most common in	A. Team sports B. Collision sports C. Indoor sports D. Individual sports
143	Hard tissue injuries are those which affect the	A. Skin B. Muscle C. Bone D. Tissue
144	Moderate tear is which type of injury	A. Open injury B. Hard tissue injury C. Acute injury D. Muscle cramp
145	Which of the following is not an acute injury	A. Sprain B. Muscle soreness C. Pulled muscle D. Fracture
146	One of the most common injury is	A. Muscle pull B. Fracture C. Heat cramps D. Tendon damage
147	The "C" in RICE stand for	A. Compassion B. Compound C. Composite D. Compression
148	The use of medication for muscle injury is a _____ treatment	A. Primary B. Optional C. Secondary D. Alternative
149	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
150	A depressed fracture is common in	A. Knee B. Foot C. Arm D. Skull
151	A partial fracture common in children is called	A. Impacted fracture B. Serrated fracture C. Green stick fracture D. Oblique fracture
152	A spiral fracture is one which causes a bone to form a _____ shape	A. S B. C C. U D. L
153	In care of fracture the first thing to do is	A. Wash the wound B. Cut the cloth C. Immobilize the limb D. Apply a bandage

		C. Stop bleeding D. To join bone fragments
154	If a disease is spread throughout the country it is called	A. Epidemic way B. Endemic way C. Pandemic way D. Sporadic way
155	If a disease is wide spread throughout many countries of the world is is called	A. Epidemic B. Pandemic way C. Endemic way D. Sporadic way
156	If however only few persons have infection disease it is called	A. Sporadic way B. Pandemic way C. Endemic way D. Epidemic way
157	How many causes of infectious diseases	A. 7 B. 8 C. 9 D. 10
158	How many causes of small pox	A. 4 B. 5 C. 6 D. 7
159	How many causes of measles	A. 4 B. 5 C. 6 D. 7
160	How many causes of chicken pox	A. 2 B. 3 C. 4 D. 5
161	Infections diseases are spread by	A. Microbes B. Bacteria C. Pathogens D. Fungi
162	If an infections disease in spread in a part of a country, it is called	A. Sporadic B. Endemic C. Pandemic D. Epidemic
163	Which of the following is a single called germ	A. Helminth B. Fungi C. Fly D. Protozoa
164	Cholera and dysentery can be spread by	A. Food B. Air C. Wounds D. Contact
165	A tetnus infection can be caused by	A. Food B. Air C. Wounds D. Contact
166	This infections disease can be caused by sexual contact	A. Malaria B. HIV C. Ringworm D. Plague
167	For the prevention of infections diseases, the infected person should be	A. Treated B. Hospitalized C. Tested D. Quarantined
168	It is the responsibility of _____ to educate everyone regarding infections diseases	A. Hospitals B. Public C. School D. Governments
169	When a person falls sick and recovers from that disease, the body will gain a	A. Acquired immunity B. Natural immunity C. Artificial immunity D. Double immunity
170	This is not an infection disease	A. Mumps B. Asthama C. Hydrophobia D. Trachoma

