Physical Education Fa Part 1 English Medium Chapter 8 Online Test

Sr	Questions	Answers Choice
1	How many causes of Lordosis	A. 12 B. 13 C. 14 D. 15
2	If a person has _____, He/She does not appear to have confidence and alertness	A. Disease B. Weakness C. Bad posture D. Defecitve hearing/vision
3	How many causes of Kyphosis	A. 13 B. 14 C. 15 D. 16
4	A person with _____ gets less tired	A. Good posture B. Good physique C. Bad posture D. Bad physique
5	How many Causes of flat feet	A. 10 B. 11 C. 12 D. 13
6	Another name for kyphosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
7	This can cause flat foot	A. Diet B. Exercise C. Sitting D. Jumping
8	"In Lordosis forward and backward till 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
9	How many bones in our feet	A. 25 B. 26 C. 27 D. 28
10	Walking with the chest out causes	A. Good impression B. Good physique C. Good posture D. Bad posture
11	Another name for scoliosis is	A. Flat foot B. Hollow back C. Round back D. Uneven shoulder
12	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
13	How many cause of Scoliosis	A. 10 B. 11 C. 12 D. 13
14	Causes of schocliosis are	A. Decline with defected shoulder B. Swimming with breast stroke style C. Balanced food D. All of them
15	The correct features of the body during relaxation is called	A. Positions B. Appearances C. Posture D. Balance

16	Similar defects of all posture are	A. Kyphosis B. Lordosis C. Schocliosis D. All of them
17	If all body parts are not properly aligned then it is	A. Good posture B. Bad posture C. Good physique D. Bad physique