

PHYSICAL EDUCATION (048)

Chapter 5

1. Holding of a Javelin while running for a Javelin Throw, is which type of motor skill?
(a) Gross motor skill **(b) Fine motor skill**
(c) Both (a) and (b) (d) None of these
2. The factor that affects a child's motor development by birth is
(a) Food and nutrition (b) Obesity **(c) Genetic/Biological** (d) Environment
3. Fine motor development uses the muscles for carrying out activities.
(a) Larger, posture and balance maintaining (b) smaller, endurance
(c) Larger, sensory motor **(d) smaller, precision**
4. Exercise to develop motor skills like hopping, catching are prescribed in which stage?
(a) Early childhood (b) Infancy (c) Adulthood (d) Middle Childhood
5. Exaggeration of a backward curve or decrease of a forward curve is
(a) Lordosis **(b) Kyphosis** (c) Round shoulders (d) Flat foot
6. Which postural deformity is not related to the Vertebrae?
(a) Lordosis (b) Round shoulders **(c) Knock knees** (d) Scoliosis
7. The most appropriate way for increasing the participation of women in sports
(a) Reducing the ticket price of women sports events
(b) Separate changing rooms for women players
(c) Reducing the participation fee for women in sports
(d) All of the above

8. Match the following.

List I		List II	
A.	Late childhood	1.	Adolescence
B.	Early childhood	2.	Sit and crawl
C.	Infancy	3.	Learn values
D.	Middle childhood	4.	Skip and balance on foot

A B C D	A B C D
(a) 1 4 2 3	(b) 4 3 1 2
(c) 2 1 4 3	(d) 3 4 2 1

9. What is the name of the postural deformity caused due to increase in the curve at the Lumbar region?

- (a) Knock knees (b) Bow legs (c) Kyphosis **(d) Lordosis**

10. Which postural deformity has convexities right or left?

- (a) Flat foot (b) Knock knees (c) Kyphosis **(d) Scoliosis**

11. Which motor skill is involved in smashing volleyball?

- (a) Gross motor skills **(b) Fine motor skills** (c) Cross motor skills (d) Open skills

12. Which of the following is not a spinal curvature deformity?

- (a) Kyphosis (b) Scoliosis (c) Lordosis **(d) Flatfoot**

13. Which postural deformity is related to Posterior curve of the spine?

- (a) Scoliosis **(b) Kyphosis** (c) Lordosis (d) Knock knees

14. Halasana is used for curing which of the following deformities?

- (a) Kyphosis (b) Scoliosis **(c) Lordosis** (d) Flatfoot

15. Assertion (A) Physical activities as corrective measure are very effective in functional deformity in comparison to structural deformity.

Reason (R) Muscles and ligaments are affected in functional deformity.

(a) Both A and R are true, but R is not the correct explanation of A

(b) Both A and R are true and R is the correct explanation of A

(c) A is true, but R is false

(d) A is false, but R is true

16. Calculate the BMI of a girl and identify the category if her weight is 68 kg and height is 161cm.

(a) Underweight (b) Normal weight **(c) Overweight** (d) Obesity class I

17. Sandy is diagnosed with postural adaptation of the spine in lateral direction. The curve is identified as convexity right. It happened due to Sandy's underdeveloped legs and carrying heavy loads on one side only. What kind of postural deformity doctors found in Sandy?

(a) Scoliosis (b) Kyphosis (c) Bow Legs (d) Flat foot

18. Motor development only happens when the child is biologically and mentally ready for it. Motor development refers to the development of movement and various motor abilities from birth till death. It is the ability to move around and manipulate his/her environment. The first stage is marked by extremely rapid growth and development, as in the second stage. By the age of 2 years, this development has begun to level out somewhat. The final stage does not have any marked new development; rather it is characterized by the mastering and development of the skills achieved in the first two stages. Which factor affects motor development?

(a) Biological, environmental, nutrition, opportunity

(b) Obesity, postural deformities, physical activities

(c) Both (a) and (b)

(d) Technique, skill and style

19. The postural deformity Bow legs is characterised by.....

(a) Wide gap between the knees

(b) plain foot sole

(c) Knees colliding with each other

(d) both legs curving inwards

20. The exercise which should be most appropriately performed by adolescents include

(a) Weight training

(b) throwing

(c) walking

(d) All of these

21. Abnormal curve of the spine at the front is called

(a) Scoliosis

(b) Kyphosis

(c) Lordosis

(d) Psoriasis

22. Chakrasana and Dhanurasana is the corrective measure to cure which postural deformity?

(a) Knock Knee

(b) Lordosis

(c) Scoliosis

(d) Round shoulders

23. Match the List I with List II.

List I

- (a) Knock knee
- (b) Lordosis
- (c) Flat foot
- (d) Scoliosis

List II

- 1. Lack of exercise
- 2. Lack of Vitamin D
- 3. Heredity defects
- 4. Faulty posture

A B C D

- (a) 2 1 3 4
- (c) 4 3 2 1

A B C D

- (b) 2 1 4 3**
- (d) 4 1 3 2

24. Amit's physical education teacher noticed that Amit had an outward curve of the vertebral column at the Thoracic region. He suggested Amit to perform Chakrasana and also showed him some exercise to correct his posture. Amit is suffering from.....

- (a) Scoliosis
- (b) Lordosis
- (c) Round shoulders
- (d) Kyphosis**

25. Lordosis is

- (a) Inner curvature of spine**
- (b) Two curves of spine
- (c) Outer curvature of spine
- (d) none of these