

# **Health & Physical Education Department**

## **Question part I**

## Chapter No. 1 and 2

### Importance and Objectives of Physical Education

**Tick the correct answer:**

- 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
- Physical education is a \_\_\_\_\_ part of the learning processes.  
(a) Not important (b) **Compulsory**  
(c) Normal (d) Minimum
- 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) Rosal and Cassidy
- 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. Shennan
- The aim of physical education is to improve the physique by activities.  
(a) Political (b) Economic  
(c) Psychological (d) **Physical**
- Man has been utilizing physical education since:  
(a) The first Olympics (b) Early modern era  
(c) **Birth** (d) The youth
- In this modern era how does man spend his time:  
(a) In physical struggle (b) **In sedentary**  
(c) In poverty (d) Intelligently
- 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) Distinctions
- (d) Coordination

10. Modern time characterizes:

- (a) Laborious
- (b) Technological
- (b) Happiness
- (d) Spiritual

11. Practicing physical education improves:

- (a) Habits I
- (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) Everyone
- (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 (SAW)
- (b) Sahaba e karam
- (c) Tabaine
- (d) Oliya karam

18. Who has said, "Surely your body and strength have right on you".

- (a) Hazrat AbdulQadir Jilau      (b) Hazrat Ali (R.A)  
(c) **Our Prophet SAW**      (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

## **Physical Education and its Importance**

### **Give Short Answers:**

1. Define physical education?
2. What is physical education according to J.B.Nash?
3. What has been said by John Dewey about physical education?
4. Is physical education a part of learning? Explain?
5. S. What is said about physical education in Islam?
6. Give five examples of the objectives of physical education?
7. Give five benefits of physical education?

## Chapter No. 3

### Scope and areas of Physical Education Activities

**Tick the correct answer:**

- The base of physical education is:  
(a) Health (b) Strength  
(c) Intelligence (d) Movements
- An example of involuntary movement is:  
(a) Heart beat (b) Walking  
(c) Bending (d) Jumping
- Gymnastics is a word of which language?  
(a) Latin (b) Persian  
(c) Greek (d) Arabic
- 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
- Gymnastics make a body:  
(a) Gain weight (b) Lose weight  
(c) Flexible (d) Weak
- How many group are there in physical education activities?  
(a) 3 (b) 6  
(c) 5 (d) 10
- Final activity for the lesson of gymnastics is:  
(a) Warm up (b) Resting  
(c) Warm down (d) Lateral exercises

## Give Short Answers:

1. Name the groups of physical education activities.
2. Given three examples of the importance of gymnastics.
3. Give two definitions of gymnastics.
4. Give ten aims and objectives 'of gymnastics.
5. What are the exercises for different parts of the body?
6. What are group activities in gymnastics?

## Recreational activities and recreation

### Choose the Correct answers:

1. Leisure is a word of which language:  
(a) French (b) Spanish  
(c) Latin (d) German
2. The term leisure time means:  
(a) Time of no work (b) Time to sleep  
(c) Time of hard work (d) Time at home
3. As per Ott Romney the day is divided into:  
(a) 5 parts (b) 3 Parts  
(c) 10 parts (d) 24 parts
4. As per Ott Romany, Biological necessities take:  
(a) 10 Hours (b) 4 Hours  
(c) 20 Hours (d) 2 Hours
5. As per Ott Romney man has \_\_\_\_\_ hours of leisure time.  
(a) 10 (b) 4  
(c) 6 (d) 10

### Give short answers:

1. What does 'leisure' mean?
2. What has Charles Bright Bill said about leisure time?

3. What has Thomas G. Desmond said about leisure time?
4. Explain how has Ott Romney divided the day.

### Tick the correct answer:

1. A state of being where one engages hi activities for its own sake, was said by:  
(a) Ott Romney (b) Charles Bright Bill  
(c) Thomas G. Desmond (d) Aristotle
2. Any such' activity or games performed without necessity or to make income is:  
(a) Rest (b) Sports  
(c) Recreation (d) Politics
3. The term 'recreation' means to:  
(a) Make fresh (b) Make more  
(c) Make less (d) Make normal
4. Recreational activities are grouped in:  
(a) 5 parts (b) 10 parts.  
(c) 7 parts (d) 2 parts
5. Poetry, theatre and music are:  
(a) Social activities (b) Political activities  
(c) Economic activities (d) Creative activities

### Give short answers:

1. What does 'Recreation' mean?
2. What has George Butler said regarding 'Recreation'?
3. What has Harold Meyer stated regarding recreation?
4. State five purposes of recreational activities?
5. State five aims of recreational activities.
6. What are the ten groups of recreational activities?
7. What are hobbies? Are they a recreational activity?

## Chapter No. 4

### Football

#### Tick the correct answer:

- For international matches the length of the touch line is:  
(a) 90m (100 yards)                      **(b) 110m (120 yards)**  
(c) 120m (130 yards)                      (d) 75m (80 yards)
- For international match the length of the goal line is:  
**(a) 64m (70 yards)**                      (b) 45m (50 yards)  
(c) 120m (130 yards)                      (d) 100m (110 yards).
- An area 18.32 x 5.5Qm (20 x 6 yards) is used as:  
(a) Penalty area                      (b) Comer area  
**(c) Goal area**                      (d) Centre area
- The flag ports on each comer of the field should be:  
(a) 3ft                      (b) 6ft  
(c) 10ft                      **(d) 5ft**
- The penalty area is \_\_\_\_\_ in shape:  
(a) Square                      (b) Circular  
**(c) Rectangular**                      (d) Triangular
- The football field is divided into \_\_\_\_\_ parts:  
(a) Only one                      **(b) Two**  
(c) Three                      (d) Four
- A football team consists of \_\_\_\_\_ players:  
**(a) 11**                      (b) 9  
(c) 7                      (d) 6
- The number of linemen in a football match is:  
(a) 1                      (b) 4  
**(c) 2**                      (d) 3
- The duration of football match is:

- (a) 60 min (b) 90 min  
(c) 80 min (d) 45 min

10. The football match is started by a:

- (a) Goal kick (b) Penalty kick  
(c) Corner kick (d) Kick off

11. A goal cannot be scored by a:

- (a) Corner kick (b) Kick off  
(c) Indirect free kick (d) Direct free kick

12. A team is awarded when the ball passes the goal line but not into goal:

- (a) Goal kick (b) Free kick  
(c) Penalty kick (d) Corner kick

13. A team is given when the ball passes over between the goal posts:

- (a) Penalty kick (b) Corner kick  
(c) Goal kick (d) Direct free kick

14. A team is given when a player in his own penalty area commits a violation against an opponent:

- (a) Goal kick (b) Corner kick  
(c) Penalty kick (d) Direct free kick

15. In the league system, if there is a tie between two teams, a \_\_\_\_\_ will be given to each team.

- (a) Goal (b) Penalty kick  
(c) Additional time (d) A point

16. If both teams have equal number of goals at the end of additional time, then a team will be given:

- (a) 5 penalty kicks (b) 3 penalty kicks  
(c) 6 penalty-kicks (d) 2 penalty kicks

17. If a player hits or pushes an opposing player and both are away from the ball, then a \_\_\_\_\_ card will be given.

- (a) Yellow (b) Green  
(c) Red (d) Blue

18. If a player hits or pushes an opposing player, and both are tackling the ball, a \_\_\_\_\_ card will be given:

- (a) Yellow
- (b) Green
- (c) Red
- (d) Blue

19. A ball that goes over a touchline is put back into play by a:

- (a) Kick off
- (b) Corner kick
- (c) Throw in
- (d) Goal Kick

### Give short answers:

1. What is the length of the football field?
2. What is the breadth of the football field?
3. Give a description of goal posts?
4. Give a 4 description of goal area?
5. How many flag posts one used in the football field and where?
6. What are the measurements of the penalty area?
7. Give a description of the center circle?
8. How many players and substitute players are there on a football team?
9. What is the normal duration of football game and what is additional time?
10. Give five duties of the referee?
11. What is the correct procedure for kick off?
12. What is the correct procedure for throw in'?
13. Give two examples of off side?
14. What is done if there is a tie in the out system?
15. What are the two types of free kick?
16. When is a goal kick awarded?
17. When is a corner kick awarded?
18. When is a penalty kick awarded'?
19. What is the procedure tor penalty kick?
20. On what type of violation does a yellow card given?
21. When is a red card given to a player?
22. What is meant by "Dropped ball" and "Dead ball"?

## Volleyball

### Tick the correct answer:

- The area in which volley ball is played is called:  
(a) Field (b) Court  
(c) Pitch (d) Ground
- The length of the court is:  
(a) 18m (b) 20m  
(c) 25m (d) 10m
- The width of the court is:  
(a) 10m (b) 15m  
(c) 9m (d) 5m
- The line which divides the court in two equal parts is called:  
(a) Middle line (b) Side line  
(c) Half line (d) Center line
- The area of the front zone is:  
(a) 8 x 2 (b) 8 x 3  
(c) 9 x 2 (d) 9 x 3
- The width of the service zone is:  
(a) 10m (33 ft) (b) 15m (50 ft)  
(c) 9m(30ft) (d) 6m (20 ft)
- The width of the attack line is:  
(a) 5cm (b) 7cm  
(c) 3cm (d) 4cm
- The height of the net for boys is:  
(a) 2m (b) 3.24m  
(c) 2.43m (d) 3.43m
- The height of the net for girls is:

- (a) 2.24m (b) 3.24m  
(c) 2.43m (d) 3m

10. The height of the side marker / band depends on:

- (a) Height from the ground (b) Width of the net  
(c) Length of the net (d) Height of the net

11. There are antennae fastened to the side band:

- (a) 4 (b) 2  
(c) 3 (d) 6

12. The length of the antennae's is:

- (a) 1.80m (b) 1.50m  
(c) 1.40m (d) 1.30m

13. The weight of the ball should be between:

- (a) 160-180g (b) 180-200g  
(c) 260-280g (d) 280-300g

14. The minimum players in a team are:

- (a) 10 (b) 6  
(c) 8 (d) 11

15. Each team has a 'libero' who is:

- (a) Game captain (b) Team coach  
(c) Substitute player (d) Skilled player

16. The number of substitute players in a team is:

- (a) 4 (b) 5  
(c) 6 (d) 7

17. The player's jerseys must be numbered from:

- (a) 1-18 (b) 1-15  
(c) 1-20 (d) 1-12

18. To win a match, team must win sets:

- (a) 2 out of 3 (b) 3 out of 5  
(c) 3 out of 4 (d) 7 out of 10

19. In order to win, a team must be up at least by:

- (a) 2 points (b) 1 point  
(c) 4 points (d) 3 points

20. All games are of \_\_\_\_\_ points:

- (a) 15 points (b) 10points  
(c) 12 points (d) 25 points

21. The right to serve first or side of court is decided by:

- (a) Drawing lots (b) Coin toss  
(c) The referee (d) The captain

22. Which is not a service foul:

- (a) To hit with both hands (b) The ball passes below net  
(c) To serve in the service zone (d) To serve inside the court

23. At the time of service, the players must:

- (a) Stay at their place (b) Move backwards  
(c) Block (d) Rotate

24. The team loses its right to serve if it:

- (a) Does not rotate (b) Does not serve  
(c) Does not maintain its position (d) Does not attack

25. If the ball goes outside the court, then the \_\_\_\_\_ is responsible:

- (a) The referee (b) The player  
(c) The team (d) The substitute player

26. If the ball stops too long during play it is:

- (a) No foul (b) Mistake  
(c) Foul (d) Double foul

27. The opposing team service cannot be:

- (a) Hit (b) Attacked  
(c) Blocked (d) Stopped

28. If a player touches the \_\_\_\_\_, it is a foul:

- (a) Referee (b) Net  
(c) Ground (d) Libero

29. To stand on or touch the center line is:

- (a) A foul (b) A double foul  
(c) A mistake (d) Not a foul

30. Players in the back now cannot take part in:

- (a) Blocking (b) Service  
(c) Defending (d) Attacking

31. The ball will be considered dead, if it touches:

- (a) Centre line (b) Outside the court  
(c) Attack line (d) Service area

32. A time out can be taken only when the ball is:

- (a) Served (b) Blocked  
(c) Dead (d) Attacked

33. A technical time out cannot be taken in:

- (a) First game (b) Fourth game  
(c) Ally game (d) Fifth game

34. A 'Liberò' player can only play:

- (a) Service (b) Defense  
(c) Attack (d) Block

35. The match is controlled by \_\_\_\_\_ referees:

- (a) One (b) Two  
(c) Three (d) Four

36. Keeping track of time out is the duty of:

- (a) Scorer (b) Referee  
(c) Second referee (d) Line man

37. Taking signatures from the officials is the duty of:

- (a) Referee (b) Scorer  
(c) Second referee (d) Line man

38. There is a \_\_\_\_\_ positioned on each back line and side line:

- (a) Referee (b) Scorer  
(c) Second referee (d) Line man

### Give short answers:

1. What is the length and breadth of the volley ball court?
2. What are the different zones of the volley ball court?
3. What is height of the net for boys?
4. What is the height of the net for girls?
5. What are Antennaes?
6. A volley ball team must be of how many players?
7. Name the different officials in a team?
8. In order to win, a team must win how many matches?
9. What are the positions of attackers and defenders?
10. State five service fouls?
11. What is rotation? When do a team rotate?

12. State give reasons for a dead ball?
13. Give five examples for changing service / getting points?
14. How many officials are there on a match?
15. State five duties of the first referee?
16. State five duties of the second referee?
17. State five duties of the corer?
18. State five duties of lineman?
19. How do s 'Change of court' take place in the fifth game?

## Chapter No. 5

### Athletics

#### Tick the correct answer:

1. A discus is \_\_\_\_\_ in shape:  
(a) Square (b) Round  
(c) Oval (d) Triangular
2. The center of the discus should be than the rim:  
(a) Thicker (b) Equal  
(c) Thinner (d) Hollow
3. The order in which the competitors play is decided by:  
(a) The organizers (b) By competitor's choice  
(c) By drawing lots (d) By spectator's choice
4. 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
5. 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
6. On the field each competitor is allowed \_\_\_\_\_ practice throws:  
(a) One (b) Five  
(c) Three (d) Two
7. 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

8. The discus must land:
- (a) Outside the lines (b) Within the edges
- (c) Behind the lines (d) Outside the edges
9. In the direction of the throw, the ground must be elevated:
- (a) 20000: 2 (b) 200: 2
- (c) 1000: 1 (d) 100: 1
10. The discus used in the match is:
- (a) Competitor's (b) Coach's
- (c) Organizer's (d) Other competitor's
11. 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
12. A competitor can throw a discus \_\_\_\_\_ at a time:
- (a) Once (b) Twice
- (c) Thrice (d) Many times
13. The competitor must start the throw within:
- (a) 2 minute (b) 5minute
- (c) 10 minutes (d) 1 minute
14. The competitor will be shown a \_\_\_\_\_ flag before the last 15 seconds:
- (a) Red (b) White
- (c) Yellow (d) Green
15. If 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

**Give short answers:**

1. Describe the shape of the discus?
2. State any five rules of discus throw?
3. How is the order of attempts decided?
4. How is the measurement of each throw taken?
5. How is a tie settled?
6. Describe the safety measures that should be taken by the competitor?

## Chapter No. 6

# Health Education

**Tick the correct answer:**

1. Educated people are more aware about:  
(a) port issues (b) Political issues  
(c) Entertainment issue (d) Health issue
2. Prevention of diseases, hygiene, healthy eating habits are examples of:  
(a) Basic health education (b) Basic school education  
(c) College education (d) Secondary health education
3. Prevention and control of infectious diseases is an example of:  
(a) Basic health education (b) Basic school education  
(c) College health educations (d) Secondary health education
4. A \_\_\_\_\_ person can have a longer life:  
(a) Wealthy (b) Political  
(c) Healthy (d) Strong
5. 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
6. Health and physical education works for betterment of:  
(a) Humanity (b) Economics  
(c) Country (d) Science
7. Health education teaches principles and physical education enables to:

(a) Oppose them

(b) Understand them

(c) Learn them

(d) Practice them

### **Give short answers:**

1. Write a short note on health education?
2. Why do highly educated people have more healthy lives?
3. What is basic health education?
4. What is secondary health education?
5. Given three definitions of health?
6. What has John Locke said about health and physical education?
7. Give five objectives that are common between health and physical education?
8. Give three ways to accomplish these objectives?

## Chapter No. 7

# Human Body and How It Works

### Tick the correct answer:

1. The is the basic structural and functional unit of all living organisms:

- (a) Protein (b) Nucleus  
(c) Organelle (d) Cell

2. Plant cells have a larger:

- (a) Nucleus (b) Vacuole  
(c) Protoplasm (d) Cell wall

3. The first phase of cell division is:

- (a) Prophase (b) Anaphase  
(c) Metaphase (d) Telophase

4. The method of call division in which chromosomes are not formed IS:

- (a) Vitosis (b) Zitosis  
(c) Amitosis (d) Metosis

5. 'Osteocytes' are cells found in the:

- (a) Muscles (b) Nerves  
(c) Blood (d) Bones

6. Organs are formed by the groups of:

- (a) Cells (b) Tissues  
(c) Membranes (d) Blood vessels

7. Tissues are joined together by a substance called:

- (a) Matter (b) Antimatter  
(c) Matrix (d) Anti matrix

8. The \_\_\_\_\_ system coordinates all the systems of the body by use of hormones:

- (a) Nervous
- (b) Circulatory
- (c) Absorptive
- (d) Endocrine

9. The system keeps a body healthy and fit:

- (a) Respiratory
- (b) Digestive
- (c) Muscular
- (d) Absorptive

10. The blood contains these particles necessary for blood clotting:

- (a) Platelets
- (b) White blood cells
- (c) Red blood cells
- (d) Plasma

11. The \_\_\_\_\_ remove disease causing germ from the blood:

- (a) Platelets
- (b) White blood cells
- (c) Red blood cells
- (d) Plasma

12. Blood coagulation is a process in which \_\_\_\_\_ is formed:

- (a) Serum
- (b) Platelets
- (c) Fibrin
- (d) Electrolytes

13. The blood vessels responsible for the interchange of oxygen and carbon dioxide are:

- (a) Veins
- (b) Lymph's
- (c) Arteries
- (d) Capillaries

14. An average adult body contains \_\_\_\_\_ quarts of blood:

- (a) 5-6
- (b) 4-5
- (c) 6-7
- (d) 3-4

15. The heart consists of chambers:

- (a) Three
- (b) Two
- (c) Five
- (d) Four

16. The blood circulation which transport blood from one organ to another is:

- (a) Pulmonary circulation                      **(b) Portal circulation**  
(c) Systemic circulation                      (d) Coronary circulation

17. The process by which air is moved in and out of lungs is called:

- (a) Inhaling                                      (b) Respiration  
**(c) Breathing**                                      (d) Expiration

18. Human lungs are composed of nearly 300 million:

- (a) Trachea                                      (b) Bronchi  
(c) Bronchioles                                      **(d) Alveoli**

19. Muscles of the ribs are called:

- (a) Intercostal muscles**                      (b) Chest muscles  
(c) Thoracic muscles                      (d) Diaphragm

### **Give short answers:**

1. What is a cell?
2. What are tissues?
3. What are organs?
4. What is the function of cell nucleus?
5. What is call division? How does it take place?
6. Name there different types of cell in the human body?
7. Write a note on the organs of human body?
8. Name five different kinds of tissues?
9. What is an organ system? Names different kinds of organ systems
10. What are the features of human skeletal system?
11. What are the features of human muscular system?
12. What are the features of human digestive system?
13. What are the features of human nervous system?
14. What are the different components of blood?
15. How does the human body react to a bleeding wound?
16. What are the different organs in blood circulatory system?
17. What is the function of capillaries?
18. Draw and label the structure of heart?
19. What is the pulmonary artery and pulmonary vein?

20. Name the four kinds of circulation in the human body?
21. Draw and label the structure of lungs?
22. What is the difference between 'Breathing' and 'respiration'?
23. What is the 'Larynx'?
24. How does 'Gas exchange' take place in the human body?
25. Briefly describe how the lungs work?

## Chapter No. 8

### Posture and Postural Defects

Tick the correct answer:

1. The correct features of the body during relaxation is called:  
(a) Positions (b) Appearances  
(c) Posture (d) Balance
2. 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
3. If all body parts are not properly aligned, then it is:  
(a) Good posture (b) Bad posture  
(c) Good physique (d) Bad physique
4. 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
5. A person with \_\_\_\_\_ gets less tired:  
(a) Good posture (b) Good physique  
(c) Bad posture (d) Bad physique
6. Walking with the chest out causes:  
(a) Good impression (b) Good physique  
(c) Good posture (d) Bad posture
7. Another name for kyphosis is:  
(a) Flat foot (b) Hollow back  
(c) Round back (d) Uneven shoulder

8. Another name for scoliosis is:

- (a) Flat foot
- (b) Hollow back
- (c) Round back
- (d) Uneven shoulder

9. This can cause flat foot:

- (a) Diet
- (b) Exercise
- (c) Sitting
- (d) Jumping

### **Give short answers:**

1. Give three definitions of good posture?
2. Give three definitions of bad posture?
3. Give five points on the importance of posture?
4. List ten factors causing bad posture?
5. List ten common postural defects?
6. What is kyphosis?
7. What is Lordosis?
8. List five remedial exercises for scoliosis?
9. List five remedial exercises for flat foot?

## Chapter No. 9

### First Aid

#### Tick the correct answer:

1. First aid provides 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 RICES stands 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

16. A spiral fracture is one which causes a bone to form a shape:

(a) S

(b) C

(c) U

(d) L

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

### Give short answers:

1. Define first aid treatment?
2. List six qualities of first aider?
3. List give principles of first aid?
4. List ten essential things in first aid equipment?
5. List ten medicines used in first aid?
6. What is the duty of all persons involved in physical education regarding athletic injury?
7. What kind of safety measures should be taken to avoid athletic injuries?
8. What are soft tissue and hard tissue injuries?
9. What are the different types of open / traumatic injury?
10. What are the stages of traumatic injuries?
11. What are chronic and acute injuries?
12. What are the signs of a 'Sprain'?
13. What is the first aid treatment for pulled muscle?
14. What does the abbreviation RICES stands for?
15. List six different kinds of fracture?
16. What are the signs and symptoms of fracture?
17. What is the first aid treatment for fracture?

## Chapter No. 10

### Infections Diseases

#### Tick the correct answer:

1. Infections diseases are spread by:  
(a) Microbes  
(b) Bacteria  
(c) Pathogens  
(d) Fungi
2. If an infections disease is spread in a part of a country, it is called:  
(a) Sporadic  
(b) Endemic  
(c) Pandemic  
(d) Epidemic
3. Which of the following is a single called germ:  
(a) Helminth  
(b) Fungi  
(c) Fly  
(d) Protozoa
4. Cholera and dysentery can be spread by:  
(a) Food  
(b) Air  
(c) Wounds  
(d) Contact
5. A tetanus infection can be caused by:  
(a) Food  
(b) Air  
(c) Wounds  
(d) Contact
6. This infections disease can be caused by sexual contact:  
(a) Malaria  
(b) HIV  
(c) Ringworm  
(d) Plague
7. For the prevention of infections diseases, the infected person should be:  
(a) Treated  
(b) Hospitalized

(c) Tested (d) Quarantined

8. It is the responsibility of \_\_\_\_\_ to educate everyone regarding infectious diseases:

(a) Hospitals (b) Public

(c) schools (d) Governments

9. 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

10. This is not an infectious disease:

(a) Mumps (b) Asthma

(c) Hydrophobia (d) Trachoma

### Give short answers:

1. What is an infectious disease?
2. What are the causes of infectious disease?
3. Name some of the diseases caused by germs?
4. What is a virus?
5. What are bacteria?
6. Give five different modes of transmission?
7. What preventive measures should be taken to stop the spread of infectious diseases?
8. What is incubation period?
9. How many kinds of immunities are there?
10. Write a note on measles?
11. Write a note on cholera?
12. Write a note on chicken pox