

BCM SCHOOL
BASANT AVENUE, DUGRI, LUDHIANA
XII (Physical Education)

Chapter – Children & Women In Sports

1. In this stage, motor control of the head comes before control of the legs.
 - a) Early childhood
 - b) Middle childhood
 - c) Infancy
 - d) Late childhood
2. What is the major cause of poor posture in infants and children?
 - a) Malnutrition
 - b) Assisted movements
 - c) Lack of adequate play activity
 - d) Too light clothing
3. Which of the following should not be a part of child's daily activity?
 - a) Running in the park
 - b) Walking to a friend's home
 - c) Climbing on a frame
 - d) Watching TV for long hours
4. Much of the motor-skills learning takes place during
 - a) puberty
 - b) adulthood
 - c) childhood
 - d) adolescence
5. In comparison to other growth stages, infancy is more a period of
 - a) fast growth
 - b) consolidation
 - c) mental development
 - d) social growth
6. Posture is the index of your
 - a) mind
 - b) personality
 - c) character
 - d) intellect
7. The persistent poor posture in any activity or situation may cause
 - a) undue fatigue in walking
 - b) postural deformity
 - c) distortion in limb alignment
 - d) inferiority complex
8. If the spine has a sideways curve, it is called ----
 - a) Flat back
 - b) Lordosis
 - c) Kyphosis
 - d) Scoliosis
9. Walking barefoot on sand or rough ground helps to correct
 - a) flat feet
 - b) club feet
 - c) curved feet
 - d) outward pointing feet
10. This deformity is also called round back or hunch back:
 - a) Scoliosis
 - b) Lordosis
 - c) Kyphosis
 - d) Flat feet

11. Who was the first Indian woman to win an Olympic medal?
- a) Karnam Malleswari
 - b) Saina Nehwal
 - c) P.T. Usha
 - d) Sakshi Malik
12. This postural deformity is opposite to knock knees:
- a) Flat back
 - b) Lordosis
 - c) Kyphosis
 - d) Bow legs
13. The medical name for this deformity is Genu Valgum:
- a) Scoliosis
 - b) Bow legs
 - c) Knock Knees
 - d) Lordosis
14. Girls temporarily surpass boys in physical dimension (height and weight especially) around
- a) later childhood
 - b) early childhood
 - c) adulthood
 - d) mid-adolescence
15. Which of the following is not a rule of correct posture?
- a) Stand tall
 - b) Chin should be up and the head centered over the shoulders
 - c) Body weight should be evenly balanced over both legs and feet
 - d) Back should be bent while standing or sitting