

THE LEADERSHIP INTERNATIONAL ACADEMY

ASSIGNMENT 2

SUBJECT : PHYSICAL AND HEALTH EDUCATION

CLASS : JSS 2

SECTION A

OBJECTIVE

(10 Marks)

1. The following are postural defects except (a) flat foot (b) kyphosis (c) kwashiokor (d) scoliosis
2. The position or attitude of the body for specific activities is known as\_\_\_\_\_ (a) standing (b) posture (c) alignment (d) positioning
3. A postural defect in which the legs tilt outward at the knee is\_\_\_\_\_ (a) Lordosis (b) varus knee (c) flat foot (d) dislocation
4. Kyphosis can be defined as\_\_\_\_\_ (a) position of the body (b) excessive curving of the spine or upper back (c) lack of protein (d) loss of foot arch
5. The following are the causes of postural defect except (a) illness (b) accident (c) emotions (d) hereditary
6. Which of the following is not a kind of posture (a) walking (b) siting (c) lifting (d) eating
7. The positioning of the body in a way that put strains on supporting muscles is called \_\_\_\_\_ (a) good posture (b) bad posture (c) postural defect (d) standing posture
8. A postural defect of flattening of the feet arches is\_\_\_\_\_ (a) vagus knee (b) flat feet (c) kyphosis (d) scoliosis
9. Which of the following is not a preventive measure for postural defect? (a) adequate exercise (b) good habit formation (c) balanced diet (d) self medication
10. Which of this is not a challenge in Physical and Health Education? (a) match fixing (b) human trafficking (c) bribing of referee (d) unemployment