**COMPETENCY BASED QUESTIONS**

**CH2 CHILDREN AND WOMEN IN SPORTS**

1. What do you mean by motor development?
2. Write the meaning of quality of life.
3. The precaution of \_\_\_\_\_\_\_\_\_\_\_should be followed if you have postural deformity of round shoulder.
4. Avoid tight fitting clothes c) Taking a balance diet
5. Keeping the body straight while carrying heavy weights d) Not putting extra weight on the leg muscle
6. The inclusion of physical activity in lifestyle will lead to
7. Growth and development of a child c) Development of cognitive ability
8. Correction of postural deformities d) All of the above
9. In bow leg there is/are
10. Wide gap between the knees c) Knee colliding with each other
11. Plain foot sole d) both legs curing inward
12. Flat foot and round shoulder are deformities associated with
13. Skeletal System c) Respiratory System
14. Reproductive System d) Nervous System
15. How many arches are present in the foot of a human being
16. 2 c) 3
17. 4 d) 5
18. Which of the following physical deformity is also called curve 5
19. Kyphosis c) Scoliosis
20. Lordosis d) Knock Knee
21. Which of the following is not a cause of bow legs
22. Improper way of walking c) Vitamin D deficiency
23. Overweight d) Injury of the spine
24. In which postural deformity is there an abnormal lateral curvature of spine?
25. Kyphosis c) Lordosis
26. Fibrosis d) Scoliosis
27. Lordosis is commonly known as
28. Hollow back c) Sideways bending
29. Hunch back d) Kyphosis
30. In which postural deformity the muscles of the chest of the individual contract
31. Lordosis c) Knock knee
32. Kyphosis d) bow leg
33. Performing this asana regularly can be a remedy for knock knee
34. Padmasana c) Vajrasana
35. Tadasana d) Halasana
36. In which type of anorexia an individual loses its weight by taking laxatives or diuretics?
37. Purging type c) Anorexia nervosa
38. Restricting type d) Bulimia nervosa
39. Which of the following statement is correct?
40. Binge eating means eating too less
41. Anorexia nervosa may cause menstruation to stop
42. Frequent feeling of thirst occurs in purging anorexia
43. Anorexia nervosa may lead to high blood pressure
44. In female athlete the correct cause of osteoporosis is
45. Menarche c) Lack of calcium and vitamin D
46. High blood pressure d) Excessive exercise
47. During menstrual cycle sport performance of an women athlete
48. Improves drastically c) Doesn’t have any significant effect
49. Decreases drastically d) None of these
50. Gomukhasana and Padmasana are performed to correct which postural deformity?
51. Flat foot c) Knock knees
52. Scoliosis d) Bow legs
53. Name the activity performed in water as a measure to correct postural deformity related to spine – Swimming
54. Personality and posture are two opposite side of the same coin. Comment.
55. An individual’s capacity to perform a motor task refer to:
56. Motor education c) Motor fitness
57. Motor performance d) Motor skill
58. Which of the following is not a cause of anorexia nervosa?
59. Psychological factor c) Biological factor
60. Social factor d) Performance pressure in sports