

Short Answer Questions

1. What do you understand by a test?

Ans. A test may be called a tool, question or examination which is being used to measure a particular characteristic of an individual or a sportsperson.

2. What is measurement?

Ans. It is the process of tests and techniques to collect information or data regarding the level of fitness or skill of sportspersons.

3. What is evaluation?

Ans. It is a technique by which we can know to what extent the objectives of a programme are being achieved.

Long Answer Questions

Q. Describe in detail the five components of physical fitness test administration.

Practice Questions

Q. Ravishankar is a physical education teacher in a college. He is working on a project to collect data for assessing physical fitness amongst the students. He plans to administer muscular strength of a student.

List the test's he should conduct and also explains in detail the procedure of its administration along with scoring system.