

Q.1. What is the full form of B.M.I.?

- (a) Body Management Index**
- (b) Body Mold Index**
- (c) Body Mass Index .**
- (d) Body Motivation Index**

Which one of the following formual of calculation of BMI?

(a) $\frac{\text{Weight of body}}{\text{Height of body}}$

(b) $\frac{\text{Weight of body}}{\text{Length of body}}$

(c) $\frac{(\text{Length of body})^2}{\text{Weight of body}}$

(d) $\frac{\text{Weight of body}}{(\text{Height of body})^2}$

3. Harvard step test measures

- (a) Cardiovascular endurance.
- (b) abdominal strength
- (c) Flexibility
- (d) Endurance

4. Which of the following is not a type of testing?

- (a) Diagnostic testing
- (b) Summative testing
- (c) Formative testing
- (d) Descriptive testing.

5. Which type of testing is typically happens at the start of a new phase of Education?

- (a) Diagnostic testing.
- (b) Summative testing
- (c) Formative testing
- (d) Descriptive testing