

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - D (2)

Topic Name: Physical Fitness

Lecture No.: 14

Lecture Title

Common Test in Fitness

FAQs

Question1 What is fitness testing?

Answer Fitness testing is a way of gaining information about the health related and skill related components of an athlete's fitness.

Question2 Which major tests affect fitness testing?

Answer Time of the day, Weather conditions, Environment , Accuracy of measurements, Test protocol not followed exactly as before, Time since the athletes last meal ,Athletes emotions, Athletes state of hydration ,Medication the athlete may be taking

Question3 What is reliability testing?

Answer A reliable test produces the same results if repeated. For example, an assessor trained in skin-fold measurements will produce the same result, when the same area is re-tested shortly after

Question 4 Why Physical activity is essential?

Answer Physical activity is essential to prevent and reduce risks of many diseases and improve physical and mental health.

Question 5 What is Harvard Step Test?

Answer This is a test for cardiovascular function, which can be administered at home. All you need is a 12-inch high bench or box to stand on, and a stopwatch. For three minutes, simply step up and down the platform at a steady pace. Then time how

long it takes for your heart rate to normalize. The shorter the interval, the better your cardiovascular condition is.

Question 6 What is Fitness?

Answer Fitness includes cardiovascular functioning, which is improved by aerobic activities that get your heart and lungs working faster. It also includes muscle strength, flexibility, and balance.