

**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**

#### **Glossary**

1. **Endurance:** The ability to endure an unpleasant or difficult process or situation without giving way.
2. **Flexibility:** The capacity of a joint or muscle to move through its full range of motion.
3. **Body composition:** It measures the percentage of fat, muscle, water and bone found in the human **body**.
4. **Agility:** The ability to quickly change body position or direction of the body.
5. **Reliability:** The reproducibility of values of a variable when you measure the same subjects twice or more.