

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

References

The Brockport Physical Fitness Test Manual

Fitness Testing Resources

Links

<https://www.reference.com>

<http://www.health-galaxy.com>

<http://www.fitday.com>

<http://www.teachpe.com>

<http://www.teachpe.com>