

Subject: Physical Education

Semester: 4th

Paper No. And Title: (401) Test, Measurement and Evaluation in Physical Education

Lecture No. And Title: 01

FAQs

1.What is the objective of the test?

To measure the maximum distance covered in 12 minutes.

2.What is the purpose of the test?

To test the Aerobic Fitness.

3.How distance will be measured?

For complete 100 meters.

4.How much minimum warming up is must before test?

10 to 15 minutes.

5.How much incline of Treadmill is required to administer the test?

Up to 1 degree.