

Subject: Physical Education

Semester: 4th

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

Lecture No. And Title: 01

GLOSSARY

Aerobic Fitness: Ability to transport and utilize Oxygen, measured by VO2 max.

Track: Running area of 400 mtrs. distance for administration of test.

Treadmill: It is a Electronic Device / apparatus for testing the cardiovascular efficiency ability.

Run and Walk: It is a fundamental body movement to display the body.

VO2 max: It is a measure of maximum volume of Oxygen that an athlete can use. It is measured in millilitres per kilogram of body weight per minute (ml/kg/min)