

PHYSICAL EDUCATION

Subject: Physical Education

Semester: 4th

Paper No. & Title: 401

Test, Measurement and Evaluation in Physical Education

Lecture No. & Title: 1

Harvard Step Test

FAQs

1. Who constructed Harvard Step Test ?

Lucien Brouha was developed Harvard Step Test.

2. Which Year Harvard Step Test has been invented ?

In the year 1943 the Harvard Step Test has been invented.

3. What are the items/equipments necessary for Harvard Step Test?

A stopwatch, 20-inch high bench, Metronome, Stethoscope.

4. What is the height of the bench?

The height of the bench is 20-inch.

5. What is the formula of F.I. ?

$$\text{Fitness Index(F.I.)} = \frac{\text{Duration of exercise period in seconds} \times 100}{2 \times \text{sum of three pulse counts after exercise}}$$