

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

GLOSSARY

Cardiovascular Endurance

Body's ability to deliver oxygen to muscles while they are working.

Metronome

A device that produces an audible beat- a click or other.... shifting accents in speech, musical accents need to shift according to the meaning being expressed.

Stethoscope

An acoustic medical device for auscultation, or listening to the internal sounds of an animal or human body.

Pulse Rate

The rate at which the heart beats; usually measured to obtain a quick evaluation of a person's health.

Fitness

Individual's ability to propagate its genes.

Exercise

Physical activity that you do to make your body strong and healthy.