

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

REFERENCES

1. Devinder K. Kansal ,Applied Measurement Evaluation & Sports Selection.
2. Dr. Hennery Allan Lipman, Measurement and Evaluation in Physical Education.

LINKS

1. <https://WWW.reference.com>health>cardiovascular>
2. <https://en.m.wikipedia.org>wiki>metronome>
3. <https://en.m.wikipedia.org>wiki>stethoscope>
4. <WWW.thefreedictionary.com>pulse+rate>
5. <https://en.m.wikipedia.org>wiki>fitness>
6. <dictionary.cambridge.org>dictionary>