## **FAQ**

Q 1. Write the purpose of Modified Bass Test of Dynamic Balance?

Ans: The purpose of Modified Bass Test of Dynamic Balance is to measure one's ability to jump accurately and to maintain balance during repeated jumping.

**Q2.** What are the equipments required for conducting the Modified Bass Test of Dynamic Balance?

Ans: A stop watch, adequate floor space, eleven 3/4 inch wide coloured marking tapes, measuring tape.