

PHYSICAL EDUCATION

Subject : PHYSICAL EDUCATION
Paper : Measurement and Evaluation in Physical Education
Topic : STORK STAND TEST

Summary

The purpose of stork stand test is to assess the ability to balance on the ball of the foot. In this test, the subject requires to stand on one leg. The subject is given one minute to practice the balance. Three trials are given to the subject. The score is recorded in seconds that is maintained by the subject. The score is the best of three trials.