

PHYSICAL EDUCATION

Subject : PHYSICAL EDUCATION
Paper : Measurement and Evaluation in Physical Education
Topic : National Physical Efficiency Test

FAQs

1. What is physical fitness?

Ans. Physical fitness is a general state of health and well-being and more specially, the ability to perform aspects of sports, occupations and daily activities.

2. What are the test items of Test Battery “A”?

Ans. Test Battery “A” comprises of five test items. They are as follows-

1. 100 meter run
2. 800 meter run
3. Long Jump
4. High Jump
5. Shot Put

3. How many age group categories are there in Test Battery “B”?

Ans. Test Battery “B” consists of three age group categories. They are as follows-

1. Up to 15 years
2. 16 to 30 years
3. 31 and above 31 years