

PHYSICAL EDUCATION

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

GLOSSARY

Cardio respiratory Endurance: Ability of body to take in and distribute adequate amounts of oxygen to working muscles during physical activities.

Fitness: Suitability for a particular job, degree of ability to function.

Endurance: The ability of a muscle or muscle group to perform repeated contractions against a light load for an extended period of time.

Flexibility: The ability of a joint to move through its range of motion.

Strength: The capacity of a muscle or muscle group to exert force in one maximum effort.

Power: The fastest at which an individual can contract maximum number of muscle fibers of a particular muscle group or groups.

Physical Fitness: The ability to perform daily physical activities without undue fatigue and spare enough energy for leisure time activities; optimal levels of strength, stamina, flexibility and percent body fat.

Speed: Speed is the quickness of movement of limb.