

PHYSICAL EDUCATION

Subject	:	PHYSICAL EDUCATION
Year	:	4 th Semester
Paper No. & Title	:	CC-401 Measurement and Evaluation in Physical Education
Topic Title	:	Barrow Motor Ability Test
Lecture No. & Title	:	02 Barrow Motor Ability Test

FAQ

Q 1. Write the purpose of Barrow motor ability test.

Ans: The purpose of Barrow motor ability test is to measure motor ability specifically explosive leg strength, agility and speed, and explosive arm and shoulder strength.

Q 2. What are the test items of Barrow motor ability battery?

Ans: Items of Barrow motor ability battery are standing broad jump, zig-zag run and medicine ball put.