

## **PHYSICAL EDUCATION**

Subject	:	PHYSICAL EDUCATION
Year	:	4 <sup>th</sup> Semester
Paper No. & Title	:	CC-401 Measurement and Evaluation in Physical Education
Topic Title	:	FYT Health Related Physical Fitness Test
Lecture No. & Title	:	03 FYT Health Related Physical Fitness Test

## **FAQ**

Q 1. What is purpose of steady state jog?

Ans: The purpose of steady state jog is to measure cardio-vascular endurance of the subjects.

Q 2. Write the purpose of bend-knee curl up.

Ans: Bend knee curl up is used for measuring abdominal and hip-flexor muscle strength.

Q 3. What is the purpose of sit and reach test.

Ans: Sit and reach test is used for measuring flexibility.