

PHYSICAL EDUCATION

Subject : PHYSICAL EDUCATION
Year : 4th 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

GLOSSARY

Assessment: The process of findings value of a particular thing or ability.

Battery: A group of test items applied together.

Cardio-vascular Endurance: The ability of heart to transport adequate amounts of oxygen to the working muscles for long periods of time.

Flexibility: Range of movements around skeletal joints.

Health Related Physical Fitness: Physical fitness related to 3S (Strength, Stamina, Suppleness) and percentage body fat or muscular strength and endurance, cardio-pulmonary endurance, flexibility and percentage body fat.

Strength: Individual's capacity to extent maximal muscular force to perform a specific job, the ability to activate maximal muscle.