

## **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

## **TEST ADMINISTRATION**

### **Test 1: Steady State Jog**

**Purpose:** To measure cardio-vascular endurance.

**Equipments:** Accurately measured outdoor running area.

**Instruction:** On the command "Ready, Go," students are instructed to jog continuously for 20 minutes.

**Scoring:** The distance covered at the conclusion of 20 minutes is recorded to the nearest tenth of a mile.

### **Test 2: Bent-Knee Curl-Up**

**Purpose:** To measure abdominal and hip-flexor muscle strength.

**Equipments:** Individual mats or pieces of carpet and a stopwatch.

**Instructions:** Students assume the starting position by lying on their backs with knees flexed, feet and back flat on the floor, with the heels approximately 12-18 inches from the buttocks. Arms are folded across the chest with hands on opposite shoulders. On the command "Ready, Go," the participant curls to a sitting position until the elbows contact the thighs. The curl-up is completed when the student returns to the "ready" position.

**Scoring:** The number of successfully completed curl-ups in two minutes is recorded as the student's score.

**Test 3: Sit-and-Reach**

**Purpose:** To measure flexibility.

**Equipments:** Sit-and-reach apparatus consisting of a box with yard-stick on top.

**Instructions:** The participants sit comfortably on the floor with shoes off, legs extended, and feet flat against the sit-and-reach apparatus. The student places one hand on top of the other with finger pads on finger-nails. On the signal, the students gradually reaches as far forward as possible and holds this position until the test administrator places a marker at the end of the student's finger tips. Students are permitted three additional consecutive attempts to push the marker further.

**Scoring:** The farthest point reached in the four attempts is recorded to the nearest half-inch.

**Test 4: Body Composition**

**Purpose:** To measure fat percentage.

**Equipments:** Skin fold calipers.

**Instructions:** This is a two-site skin fold measurement. The triceps skin fold is measured with the right arm relaxed at the side of the body. The calf skin fold taken on the inside of the right calf, at the level of the maximal calf girth.

**Scoring:** The median of the three measurements at each site is recorded. The sum of the two sites is recorded as the student's score.