

**BRAIN INTERNATIONAL SCHOOL**

Physical Education Assignment  
Unit VII (Test and measurement in Sports)

CLASS XII

July 2018

- Q.1 Explain about the Harvard step test in detail.
  - Q.2 What do you mean by test?
  - Q.3 Explain the administration of barrow three item general motor ability test.
  - Q.4 Describe the brief the procedure for conducting a arm curl test.
  - Q.5 Enlist the administration of AAHPERD youth fitness test.
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**BRAIN INTERNATIONAL SCHOOL**

Physical Education Assignment  
Unit VIII (Physiology and Sports)

CLASS XII

July 2018

- Q.1 What is speed?
- Q.2 What do you mean by ageing?
- Q.3 Define stroke volume.
- Q.4 Explain any three physiological factors determining flexibility.
- Q.5 Enlist the effect of exercise on muscular system.
- Q.6 Elaborate the physical difference between males and females.