## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION – (1 MARK EACH)**  
**Q.1 What is test?**

**Q.2 What is measurement?**

**Q.3 What do you understand by muscular strength?**

**Q.4 What is Kraus-Weber test?**

**Q.5 What is motor fitness?**

**Q.6 What do you understand by cardiovascular fitness?**

**Q.7 What do you understand by Harward step test?**

**Q.8 What is Rockport one mile test?**

**Q.9 What do you understand by flexibility?**

**Q.10 What do you understand by senior citizen fitness test?**

**Q.11 Why measurement is necessary?**

**Q.12 By which test the one can measure abdominal strength?**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION [80 TO 90 WORDS] –**  
**(3 MARKS EACH)**  
**Q1. What do you understand by AAHPER test? Describe any two items of the test.**

**Q2. Describe any three tests in Kraus-Weber test.**

**Q3. Explain administration of Rockport one mile test.**

**Q4. Describe in short Harvard step test.**

**Q5. Discuss the back scratch Test for upper body flexibility.**

**Q6. Discuss in short sit and reach test.**

**Q7. What is the importance of measurement in physical education and sports? Write in your own words.**