

NINGANIA VIDYA MANDIR SR. SEC. SCHOOL

PERIODIC TEST - 3 (SESSION - 2019-20)

CLASS - 12th

SUBJECT - PHYSICAL EDUCATION

TIME: 40 MINUTES

MAX. MARKS: 20

ROLL NO.

Instructions:

- i) All questions are compulsory.
- ii) Marks are indicated against each question.

Section-A (6X1=6)

1. What is motor fitness?
2. Who developed the Harvard step Test?
3. Who developed the Senior Citizen Fitness Test?
4. What is stroke Volume?
5. What is Flexibility?
6. What is Cardiac Output?

Section-B (3X3=9)

7. Name any three physiological factors of fitness?
8. Explain Rockport Test to measure cardiovascular fitness?
9. Write a note on cardio respiratory endurance?

Section-C (1X5=5)

10. Define Test and measurement. Write the importance of Test and measurement in Physical education and sports?