

UNIT-6

Test And Measurement In Sports

1-Mark Questions-(Subjective/Objective)

1. Which test is used to measure the lower body flexibility of senior citizens?
2. Which test is used to assess the coordination and agility of senior citizens?
3. In which year H.M.Barrow developed motor ability test?
4. What is the formula to calculate the maximum volume of oxygen (Vo2)?
5. Who develops the Fullerton Functional Test?
6. In which year, Rikli and Jones develop the Senior Citizen Fitness Test?
7. In which year the Harvard Step Test was developed?
8. Which test is used to assess the aerobic endurance of Senior Citizens?
9. Which test is used to measure the Upper Body Strength and Endurance of girls?
10. The _____ test for measuring flexibility was first propounded by Wells and Dillon in 1952.
11. 4x10m Shuttle Run is used to measure _____.
12. _____ can be measured by Rockport One Mile Test.
13. _____ fitness is necessary to perform aerobic activities.
14. The total distance of Rockport Fitness Walking Test is _____.
15. 4x10m Shuttle Run is used to measure agility. (T/F)
16. Modified Push-Up Test can be used to measure the Strength and Endurance of the upper body of men. (T/F)
17. 50 metre Dash can be used to measure speed. (T/F)
18. Standing Broad Jump can be used to measure leg strength. (T/F)
19. Zig-zag Run is used to measure agility and speed. (T/F)
20. Medicine Ball Put is used to measure arm and shoulder strength. (T/F)
21. Harvard Step Test can be used to measure cardiovascular/ aerobic fitness. (T/F)
22. Cardiovascular Fitness is necessary to perform aerobic activities. (T/F)

3-Mark Questions-

23. If you are asked to measure the functional fitness senior citizen, which test will you use?
24. Which one of the following tests are also known as Fullerton Functional Test of Senior Citizens?
25. Discuss the procedure of 50 Metre Dash Test.
26. Explain 600 metres Run/ walk-in brief.
27. Discuss the procedure of Push Ups for Boys.

28. Briefly explain about Modified for Girls.
29. What are the procedures of 4 X 10-metre Shuttle Run Test? Discuss in brief.
30. Briefly explain about Partial Curl Up Test.
31. Discuss Cardiovascular Fitness in brief.
32. Discuss the method of calculation of Vo2 Max.
33. Explain the Rockport 1 Mile Test.
34. Explain in brief the Harvard Step Test.
35. Discuss the Back-Scratch Test for upper body flexibility.
36. Explain in brief 'the Harvard Step Test'.
37. Describe the process of 6-minute walk test for senior citizens.

5-Mark questions

38. Describe the procedure for administering Rikli and Jones Senior Citizen Fitness Test.
39. How Cardiovascular Fitness is measured with the help of the Harvard Step Test? Write in detail about its administrative procedure.
40. The three-item test battery for general motor fitness propounded by Barrow in detail.
41. Name the test used to measure cardiovascular fitness and explain its procedure.
42. What do you know about the Harvard Step Test? Explain its procedure and administration.

