

### Objective Type/Multiple Choice Questions (Carrying 1 Mark)

Give one word answers.

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 can be measured by using the following formula?  
$$132.853 - (0.0769 \times \text{Body weight}) - (0.3877 \times \text{Age} + (6.135 \times \text{Gender}) - 3.2649 \times \text{Time}) - (0.1565 \times \text{Heart Rate})$$
5. Who developed Fullerton Functional Test?
6. In which year, Rikli and Jones developed 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?

**Fill in the blank.**

1. The..... test for measuring flexibility was first propounded by Wells and Dillon in 1952.
2. 4 × 10 m Shuttle Run is used to measure.....
3. .... can be measured by Rockport One Mile Test.
4. .... fitness is necessary to perform aerobic activities.
5. The total distance of Rockport Fitness Walking Test is .....

**State True or False.**

1. 4 × 10 m Shuttle run is used to measure agility. (True/False)
2. Modified push up test can be used to measure the strength and endurance of the upper body of men. (True/False)
3. 50 m Dash can be used to measure speed. (True/False)
4. Standing Broad Jump can be used to measure the leg strength. (True/False)
5. Zig-zag run is used to measure agility and speed. (True/False)
6. Medicine Ball Put is used to measure arm and shoulder strength. (True/False)
7. Harvard Step Test can be used to measure cardiovascular fitness/aerobic fitness. (True/False)
8. Cardiovascular fitness is necessary to perform aerobic activities. (True/False)

**Choose the correct answer.**

1. Which one of the following items is included in Barrow General Motor Ability Test?  
(a) Zig Zag Run                      (b) Medicine Ball Put                      (c) Standing Broad Jump                      (d) All of the above
2. Which one of the following tests was developed by Wells and Dillon?  
(a) Standing Broad jump                      (b) Medicine Ball Put  
(c) Chair Stand Test                      (d) None of these
3. 50 m Dash can be used to measure:  
(a) Flexibility                      (b) Agility                      (c) Upper body strength                      (d) speed
4. Who developed Fullerton Functional Test for senior citizens?  
(a) Brouha and others                      (b) Johnson and Johnson  
(c) Rikli and Johnson                      (d) Rikli and Jones
5. In which year Rikli and Jones developed Senior Citizen Fitness Test?  
(a) 2011                      (b) 2001                      (c) 2002                      (d) 2010
6. Who developed the Barrow Motor Ability Test?  
(a) Dr. Harold M. Barrow                      (b) Rikli and Jones  
(c) Dr. Harold Robinson Barrow                      (d) None of these
7. In which year Harvard Step Test was developed?  
(a) In 1923                      (b) In 1933                      (c) In 1943                      (d) In 1953
8. Which one of the following tests is used to assess the coordination and agility of senior citizens?  
(a) Six-minute walk test                      (b) Eight-foot up and go test  
(c) Arm curl test                      (d) Chair stand test
9. Which one of the following tests is also known as Fullerton Functional Test of Senior Citizens?  
(a) Cardiovascular Fitness Test                      (b) Rockport One Mile Test  
(c) Harvard Step Test                      (d) None of these
10. What are the respective weights of medicine ball for girls and boys in a Barrow test? [AI/ CBSE 2020]  
(a) 1 and 3 pounds                      (b) 3 and 4 pounds                      (c) 1 and 2 kg                      (d) 1 and 3 kg

11. Rockport Test is used to measure:  
 (a) Strength (b) Endurance (c) Speed (d) Agility  
 [AI CBSE 2020]
12. Sit and Reach Test is conducted to measure:  
 (a) Motor fitness (b) Endurance (c) Speed (d) Flexibility
13. Harvard Step Test is used to measure:  
 (a) Cardio-vascular fitness (b) Upper body flexibility  
 (c) Leg strength (d) Coordination and agility fitness
14. Which one of the following tests is not included in Barrow three item Test? [AI CBSE 2020]  
 (a) Standing Broad Jump (b) Zig-zag Run  
 (c) Medicine Ball Put (d) Shuttle Run
15. What is the height of the box used by boys in Harvard Step Test?  
 (a) 16 inch (b) 18 inch (c) 20 inch (d) 22 inch
16. Which test is used to measure flexibility?  
 (a) Sit and Reach (b) Standing Broad Jump  
 (c) Partial Curl Ups (d) Push Ups
17. Which test is used to measure agility?  
 (a) Broad Jump (b) Zig-zag Run  
 (c) Medicine Ball Put (d) None of these
18. Harvard Step Test is used to measure:  
 (a) Leg strength (b) Cardiovascular endurance  
 (c) Coordination (d) Speed
19. Rockport One Mile Test is conducted to measure: [AI CBSE 2020]  
 (a) Cardiovascular fitness (b) Senior citizen's fitness  
 (c) Vital capacity (d) Muscular strength
20. Match the following:  
 (1) 600 M Run (a) General motor fitness test  
 (2) Zig-zag Run (b) Rikli and Jones test  
 (3) Harvard Step Test (c) Motor fitness test  
 (4) Six-minute Walk Test (d) Cardiovascular fitness  
 (a) d, c, b, a (b) c, a, d, b (c) a, d, b, c (d) d, b, a, c
21. Match the following:  
 (1) 600 M Run / Walk (a) Flex  
 (b) c, d, a (d) b, a, c, d
22. Partial Curl Up Test is used to measure:  
 (a) Explosive power of legs (b) Agility and speed  
 (c) Abdominal Strength (d) Acceleration speed
23. Athlete's speed is measured by:  
 (a) Push Ups (b) Shuttle Run (c) 50 M Dash (d) Sit and Reach

24. Match the following:

(1) Arm Curl Test

(a) Lower back flexibility

(2) Back Scratch Test

(b) Upper body strength

(3) Six-minute Walk Test

(c) Cardiovascular endurance

(4) Chair Sit and Reach Test

(d) Upper body flexibility

(a) b, d, c, a

(b) c, b, d, a

(c) c, b, a, d

(d) d, c, b, a

25. What is the value placed for male in  $VO_2$  Max formula?

(a) 1

(b) 0

(c) 0.35

(d) 0.72

26. Match the List-I with list-II and select the correct answer from the code given below:

List-I		List-II	
1	Motor Fitness Test	A	Computation of fitness index
2	General Motor Fitness Test	B	Chair stand test
3	Cardiovascular Fitness Test	C	Standing broad jump
4	Rikli and Jones Fitness Test	D	4×10 M Shuttle Run

**Code**

(a) 1-A, 2-B, 3-C, 4-D

(c) 1-D, 2-C, 3-A, 4-B

(b) 1-D, 2-C, 3-B, 4-A

(d) 1-C, 2-d, 3-B, 4-A

27. Given below are the two statements labelled Assertion (A) and Reason (R).

**A. Assertion (A):** Fullerton Functional Test is also known as Rikli and Jones: Senior Citizen fitness Test.

**B. Reason (R):** Rikli and Jones developed, Fullerton Functional Test.

In the context of the above two statements, which one of the following is correct?

(a) Both (A) and (R) are true but (R) is not the correct explanation of (A).

(b) (A) is true, but (R) is false.

(c) Both (A) and (R) are true and (R) is the correct explanation of (A).

(d) (A) is false but (R) is true.

28. What is the weight of Medicine Ball for boys is medicine ball put?

(a) 2 kg

(b) 1 kg

(c) 4 kg

(d) 3 kg

29. The test duration for the Harvard fitness test is .....

(a) 2 minutes

(b) 3 minutes

(c) 4 minutes

(d) 5 minutes

30. Which one of the following is not required to determine the  $VO_2$  max?

(a) Age

(b) Gender

(c) Weight

(d) Name

31. Which is not an item of Rikli and Jones Test?

(a) 8 Foot Up and Go

(b) Sit and Reach Test

(c) 6-Minute Walk Test

(d) Arms Curl Test

32. What is the weight of dumbbell for men in arm curl of Rikli and Jones Test?

(a) 4 pounds

(b) 8 pounds

(c) 10 pounds

(d) 12 pounds

33.  $VO_2$  max is related to .....

- (a) Muscular system
- (b) Respiratory system
- (c) Energy production system
- (d) Cardiovascular system

34. The volume of blood pumped out during one beat is called .....

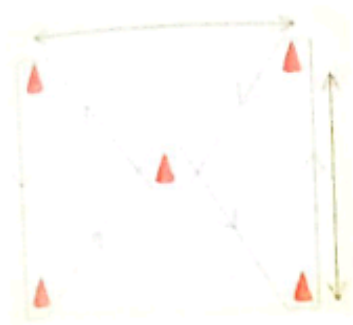
- (a) Blood flow
- (b) Cardiac output
- (c) Stroke volume
- (d) Blood volume

35. The normal respiratory rate of an adult during rest is .....

- (a) 10 to 12 breath per minute
- (b) 12 to 20 breath per minute
- (c) 40 to 60 breath per minute
- (d) 30 to 40 breath per minute

**Short Answer Questions-I (Carrying 2 Marks)**

1. Write down the name of the following items of the fitness tests along with the purpose.



(a)

- (i) .....
- (ii) .....



(b)

- (i) .....
- (ii) .....

2. Write down the name of the following items of the fitness tests and the purpose of these tests.



(a)

- (i) .....
- (ii) .....



(b)

- (i) .....
- (ii) .....

3. Write down the names of the following items of fitness test.



(a)

(i) \_\_\_\_\_



(b)

(ii) \_\_\_\_\_



(c)

(iii) \_\_\_\_\_



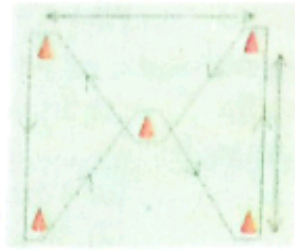
(d)

(iv) \_\_\_\_\_

4. Identify the following items of different fitness tests and write the names:



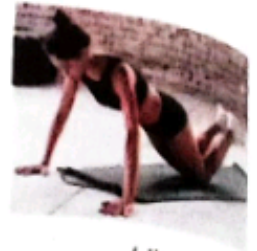
(a)



(b)



(c)



(d)

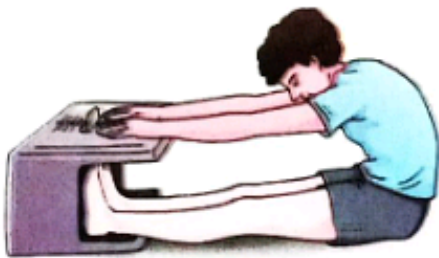
(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

5. Identify the following items of the fitness test and answer the questions given below.



(i) Name the item of the test. ....

(ii) What is the purpose of this test/item? .....

(iii) Who propounded this test? .....

(iv) In which year it was propounded? .....

6. Identify the figure given below related to a fitness test and answer the following questions:



(i) Write down the name of this test. ....

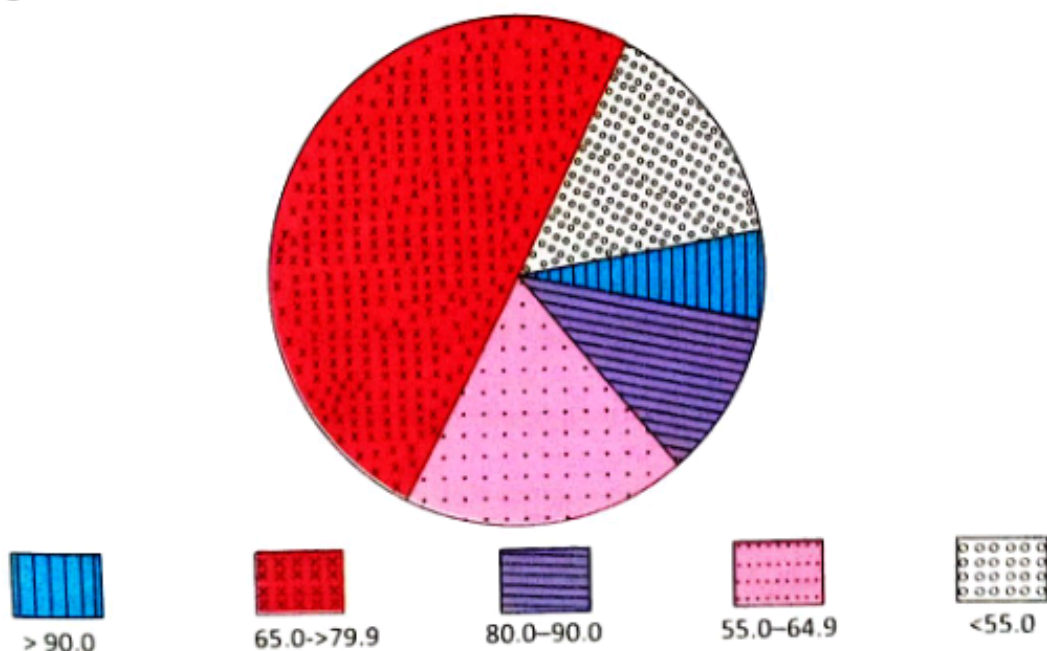
(ii) What is the purpose of this test? .....

(iii) What is the height of the bench/box for men? .....

(iv) Who developed this test? .....

### Short Answer Questions-II (Carrying 3 Marks)

1. Discuss the procedure of 50 m dash test.
2. Explain 600 m Run/walk in brief.
3. Discuss the procedure of Push Ups for Boys.
4. Briefly explain about Modified Push Ups for girls.
5. What is the procedure of 4 × 10 m shuttle run test? Discuss in brief.
6. Briefly explain about Partial Curl Up Test.
7. Discuss cardiovascular fitness in brief.
8. Discuss the method of calculation of  $VO_2$  Max.
9. Explain the Rockport One Mile Test.
10. Explain in brief the Harvard Step Test.
11. Discuss the Back Scratch Test for upper body flexibility.
12. Explain in brief "The Harvard Step Test." [AI 2015]
13. Describe the procedure of Six-minute Walk Test for senior citizens. [AI 2015]
14. Discuss the Zig-Zag Run for measuring agility and speed in detail.
15. Explain the Rockport Test. [AI 2017]
16. Write a detailed note on Harvard Step Test. [Delhi 2017, AI 2020]
17. Explain the "Eight Foot Up and Go" Test for measuring agility and dynamic balance. [CBSE 2018]
18. List down the test items of Rikli and Jones Fitness Test and explain the procedure of any one. [AI 2020]
19. Explain the purpose and procedure of any two batteries for the motor Fitness Test. [AI 2020]
20. Your grandfather thinks that the flexibility of his body has decreased up to a large extent even he can't bend himself to lace up his shoes. Which test will you suggest him. Explain the test.
21. Which test will you prepare to measure the aerobic endurance of senior citizens? Explain it.
22. Differentiate between motor fitness test and cardiovascular fitness test.
23. The Harvard Step Test was conducted to know the cardiovascular fitness of male students of a school. Following was the fitness index score of students.



On the basis of the above data, answer the following questions:

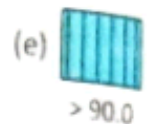
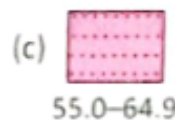
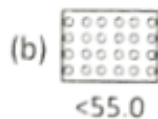
**A.** In which rating does the maximum students' strength fall into?

- (a) Excellent (b) Below average  
(c) Poor (d) Average  
(e) Good/above average

**B.** In which rating does the minimum students' strength fall into?

- (a) Poor (b) Average  
(c) Good/Above average (d) Excellent  
(e) Below average

**C.** What range of fitness index score of students is related to below average?



24. Name the tests used to calculate cardiovascular fitness. Write formula for short term and long term fitness index and calculate long term fitness index if duration of exercise is 300 seconds and sum of heart rate is 230. *[Sample Paper 2021]*
25. List the components of General Motor Fitness Test. Explain any two of them in detail. *[Sample Paper 2021]*

### Long Answer Questions (Carrying 5 Marks)

1. Discuss Push Ups for boys and Modified Push Ups for girls in detail.
2. Explain Partial Curl Up Test in detail.
3. Discuss Sit and Reach Test for measuring flexibility of children in detail.
4. Elucidate any two motor fitness tests in detail.
5. What do you mean by motor fitness? Explain the procedure of standing broad jump and 4 x 10 m shuttle run.
6. Elucidate the Harvard Step Test in detail.
7. Explain the Chair Stand Test for lower body strength in detail.
8. Explain the Arm Curl Test for measuring upper body strength.
9. Elucidate the Chair Sit-and-Reach Test for lower body flexibility.
10. Discuss the Back Scratch Test for upper body flexibility.
11. Explain the Eight Foot Up and Go Test for measuring agility.
12. Describe the Six-minute Walk Test for aerobic endurance.
13. Elucidate the Rockport One Mile Test in detail.
14. Describe the procedure for administering Rikli and Jones Senior Citizen Fitness Test. *[CBSE Sample Paper 2015]*
15. How the cardiovascular fitness test is measured with the help of 'Harvard Step Test'? Write in detail about its administrative procedure. *[AI 2016, AI 2020]*
16. Elucidate the three item test battery for general motor fitness propounded by Barrow in detail.
17. Name the test used to measure cardiovascular fitness and explain its procedure. *[CBSE Compt. 2018]*
18. What do you know about Harvard Step Test? Explain its procedure and administration. *[CBSE 2019]*



19. Rudra is working on a project to collect data for assessing Physical Fitness amongst Senior Citizens at his residential complex. He plans to administer test for assessing Lower Body Flexibility; Upper Body Flexibility and Lower Body Strength. List the test (s) he should conduct and also explain in detail the procedure of its administration along with scoring system. (Sample Paper 2021)

20. Mr Sandeep aged 65 years worked as a civil engineer in a construction company. He had to walk and climb a lot as a part of his job. After retirement, he settled with his son spending time with his grandchildren. Now a days, he is experiencing difficulty in doing certain chores which involve physical movement.



A. Which of the following tests would you recommend to check Mr Sandeep's fitness?

- (a) Harvard Step Test                      (b) Rikli & Jones Test  
(c) AAHPER Test                          (d) Rockport Test

B. How many series of tests are there in the prescribed fitness test for Mr Sandeep?

- (a) 8    (b) 6    (c) 5    (d) 4

C. Chair Sit & Reach Test is done to check \_\_\_\_\_

- (a) Agility                                      (b) Speed                                      (c) Flexibility                                      (d) Patial curl up

D. Pick the odd one out.

- (a) Arm Curl Test                                      (b) Chair Stand Test  
(c) 6-minute Walk Test                                      (d) Partial Curl Up

E. The 8-foot Up and Go Test, as shown in the picture is performed to assess \_\_\_\_\_

- (a) Agility                      (b) Endurance                                      (c) Speed                                      (d) Strength

21. Observe the given pictures and answer the following questions:-



(i)



(ii)

A. Both the tests shown in the above pictures are conducted to check \_\_\_\_\_ fitness.

- (a) Muscular                                      (b) Skeletal                                      (c) Cardiovascular                                      (d) Respiratory

B. The height of the bench used in the second picture is \_\_\_\_\_ cm for women.

- (a) 45    (b) 50    (c) 40    (d) 55

C. The test shown in second picture was developed by

- (a) Coubertin                                      (b) Brouha                                      (c) Sheldon                                      (d) James

D. The name of the test shown in the first picture is

- (a) Rikli and Jones Test                                      (b) Harvard Step Test                                      (c) Rockport Test                                      (d) Barrow Test

E. How many times pulse rates are taken to estimate the fitness level?

- (a) 3    (b) 2    (c) 5    (d) 4

# ANSWERS

## Objective Type/Multiple Choice Questions

Give one word answers.

1. Chair Sit-and-Reach Test
2. Eight Foot Up and Go Test
3. In 1953
4.  $VO_2$  max (Maximum Volume of Oxygen)
5. Rikli and Jones
6. In 2001
7. In 1943
8. Six-minute Walk Test
9. Modified Push Ups

Fill in the blanks.

1. Sit and Reach
2. Agility
3.  $VO_2$  max (Maximum Volume of Oxygen)
4. Cardiovascular
5. One mile or 1609 metres

State True or False.

1. True
2. False
3. True
4. True
5. True
6. True
7. True
8. True

Choose the correct answer.

1. (d) All of the above
2. (d) None of these
3. (d) Speed
4. (d) Rikli and Jones
5. (b) 2001
6. (a) Dr. Harold M. Barrow
7. (c) In 1943
8. (b) Eight foot up and go test
9. (d) None of these
10. (d) 1 and 3 kg
11. (b) Endurance
12. (d) Flexibility
13. (a) Cardiovascular fitness
14. (d) Shuttle Run
15. (c) 20 inch
16. (a) Sit and Reach
17. (b) Zig-zag Run
18. (b) Cardiovascular endurance
19. (a) Cardiovascular fitness
20. (b) c, a, d, b
21. (b) d, a, b, c
22. (c) Abdominal Strength
23. (c) 50 M dash
24. (a) b, d, c, a
25. (a) 1
26. (c) 1-D, 2-C, 3-A, 4-B
27. (c) Both (A) and (R) are true and (R) is the correct explanation of (A)
28. (d) 3 kg
29. (d) 5 minutes
30. (d) Name
31. (b) Sit and Reach Test
32. (b) 8 pounds
33. (b) Respiratory system
34. (c) Stroke volume
35. (b) 12 to 20 breath per minute