

PHYSICAL EDUCATION (048)

Chapter 6

1. What is the measure of weight taken during an Arm Curl Test by females?
(a) 8 pounds (b) 6 pounds **(c) 5 pounds** (d) 5 kg
2. Which of the following equipment is required to conduct a shuttle run test?
(a) Cones (b) Chair (c) Weight (d) Box
3. Which one of the following test helps in measuring leg strength?
(a) Standing broad Jump (b) 4 10 × m Shuttle run
(c) 6-Minute step test (d) Harvard step
4. The 600 m run / walk test measure which of the following?
(a) Endurance (b) Flexibility (c) Strength (d) Speed
5. The Rikli and Jones Senior Citizen Fitness Test for assessing the functional fitness of older adults describes easy to understand and effective tests to measure aerobic fitness, strength and flexibility using minimal and inexpensive equipment. These test items involve common activities such as getting up from a chair, walking, lifting, bending and stretching. The test were developed to be safe and enjoyable for older adults while still meeting scientific standards for reliability and validity. Which test measures the lower body flexibility of senior citizens?
(a) Chair Stand test (b) Arm Curl test
(c) Chair Sit and Reach test (d) Back Scratch test
6. Which of the following simple activities is related to Rikli Jones test?
(a) Walking (b) Bending (c) Stretching **(d) All of these**
7. Standing Broad Jump test is a test for
(a) muscular endurance (b) agility **(c) strength** (d) flexibility

8. What is the length of the track in the Rockport fitness test?

- (a) 100 m **(b) 400 m** (c) 50 m (d) None of these

9. Which test is suitable for senior citizens to assess their upper body flexibility?

- (a) Rockport Test (b) Harvard Step Test **(c) Back Scratch Test** (d) Push-ups

10. The Partial curl up test is done in which position?

- (a) Supine** (b) Sitting (c) Standing (d) All of these

11. Match the following.

List I

- A. Motor fitness test
- B. Cardiovascular fitness
- C. Rockport test
- D. Rikli and Jones test

List II

- 1. Partial curl up
- 2. Harvard step
- 3. Arm curl
- 4. 400 m track run/walk

Codes

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

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

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

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

12. Match the following

List I

- A. 50 M Standing start
- B. 600 M Walk test
- C. Push ups test
- D. Partial Curl-up test

List II

- 1. Measure Cardiovascular Endurance
- 2. Abdominal Strength
- 3. Determine Speed
- 4. Strength and endurance

Codes

A B C D

A B C D

A B C D

A B C D

(a) 1 2 3 4

(b) 2 4 3 1

(c) 3 1 4 2

(d) 4 3 2 1

13. Which of the following test is recommended to check the functional fitness and lower body strength of senior citizen?

(a) Chair stand test

(b) Chair sit and reach test

(c) Back scratch test

(d) Eight foot up and go test

14. Assertion: The physical fitness test designed for women is modified push-ups.

Reason: It is easy for women to perform this test.

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

(b) Both A and R are true, but R is not the correct explanation of A

(c) A is true, but R is false

(d) A is false, but R is true

15. Gym trainer Radhika conducts the cardiovascular fitness test of all her trainees once a month.

Which among the following is a test suitable to measure it?

(a) Medicine ball put **(b) Harvard step test** (c) Chair stand test (d) Six minute walk test

16. Which of the following is correct for 600 m walk/run?

(a) It measures strength

(b) It measures acceleration

(c) It measures endurance

(d) It measures flexibility

17. In the 4 10 × m shuttle run, the total distance run is

(a) 40 m

(b) 10 m

(c) 400 m

(d) 4 m

18. Name the test used to measure shoulder strength?

(a) Chair Stand Test

(b) Back Scratch Test

(c) Chair Sit and Reach Test

(d) Arm Curl Test

19. Which of the following statements about push ups is not correct?

(a) This test measure lower body strength and endurance.

(b) This test is designed for males.

(c) Standard push up begins by touching the floor with hands and toes.

(d) This test can be repeated until exhaustion

20. Assertion (A) The 600 m run/walk test measures the endurance by running or walking to longer distances.

Reason (R) The test is part of the motor fitness test of the young people.

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

(b) Both A and R are true, but R is not the correct explanation of A

(c) A is true, but R is false

(d) A is false, but R is true

21. Which motor quality does a senior citizen, who finds difficulty in tying shoe laces while sitting on a chair lacks?

- (a) **Lower Body flexibility** (b) Endurance (c) Muscle power (d) Upper body flexibility

22. Motor Fitness Test does not include which of the following?

- (a) Modified push ups (b) 400 m shuttle run
(c) Sit and Reach test **(d) Arm curl test**

23. Before taking the motor fitness tests, students should do which of the following?

- (a) Sleep (b) Eat **(c) Warm up** (d) Rest

24. Name the test that is also known as Aerobic Fitness test.

- (a) Harvard step test **(b) Rockport test**
(c) Modified push ups (d) Standing broad jump

25. Sohan completed the senior citizen test. He is 65 years old and completed two trials of Eight foot up and go test in 4.6 and 3.2 seconds respectively. Based on this case, answer the following question. The physical fitness of Sohan will be classified as

- (a) Extremely poor **(b) Above average** (c) Average (d) Below average