

**BRAIN INTERNATIONAL SCHOOL**

**PHYSICAL EDU ASSIGNMENT**

**CLASS XI**

**OCT 2024**

- Q1. Define test, measurement and evaluation. What is the importance of test and measurement in sports.
- Q2. Describe the measurement of health related fitness components in details?
- Q3. How to test and measure the muscular strength.
- Q4. What do you mean by endomorph?
- Q5. What do you mean by mesomorph?
- Q6. What do you mean by ectomorph?
- Q7. What is the formula for calculating waist-hip ratio and BMI.