



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 4

SUBJECT: PHYSICAL EDUCATION CLASS-XI

OCTOBER, 2025

UNIT 6 : TEST, MEASUREMENT & EVALUATION

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.