



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 4

SUBJECT: PHYSICAL EDUCATION

CLASS-XII

OCTOBER, 2025

UNIT 6: TEST & MEASUREMENT IN SPORTS

UNIT 7: PHYSIOLOGY AND INJURIES IN SPORTS

Q1. What is cardiovascular fitness and how is it measured?

Q2. What is the Rikli and Jones senior citizen fitness test and how does it measure the physical fitness level of older adults?

Q3. Make a table of test items listed under fitness test by SAI (age 9-18yrs). Explain the procedure and scoring of 50 MTS run and partial curl up.

Q4. Write down the objectives and administration of the flamingo test.

Q5. What causes sports injuries?

Q6. Briefly explain the following sports injuries.

- i) Fracture
- ii) Dislocation
- iii) Green stick
- iv) Stress fracture

Q7. Define flexibility. Explain its types and any two methods to develop flexibility.

Q8. What are the primary causes of fractures?