

CHAPTER :5: CHILDREN AND WOMEN IN SPORTS 6: TEST AND MEASUREMENT IN SPORTS

Based on your understanding of the E-Lectures-cum-PPT's, video link and other e- resources shared with you, answer the following questions.

Choose the Correct Option

Q1. Who develop Fullerton Functional Test?

- (a) Dr. Harlod M Barrow (b) Leonard Da-Vinci (c) Rikli & Jones (d) Gosta Holmer

Q2. What is the height of the box used by the boys in Harvard Step Test?

- (a) 16inch (b) 18inch (c) 20inch (d) 22inch

Q3. Dhanurasana is useful to correct

- (a) Kyphosis (b) Scoliosis (c) Lordosis (d) Round shoulders

Q4. The first Indian women to become World No. 1 in Badminton is

- a) Saina Nehwal (b) P.V.Sindhu (c) Aparna Poppat (d) Aswin Ponappa

Q5. Which one of the following is not related to spinal curvature deformities?

- a. Kyphosis (b) Bowlegs (c) Lordosis (d) Scoliosis

Q.6. Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.



1.From the above given picture, the deformities seen on the left most is caused due to deficiency of _____

- (a) Iron (b) Calcium (c) Vit-D (d) Both (b) &(c)

2.Walking on the inner edge of the feet can be a remedy for _____

- (a) Bow legs (b) Flat foot (c) Overweight (d) leg deformity

3.The person in the middle is suffering with _____

- (a) Rickets (b) Flatfoot (c) Knock knees (d) Elephant foot

Assertion /reasoning based

Q7.Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason (R).

Assertion (A): Physical education teacher should be highly skilful.

Reason (R): Physical education teacher requires demonstrating correctly the skill being taught.

Find the correct answer from the following:

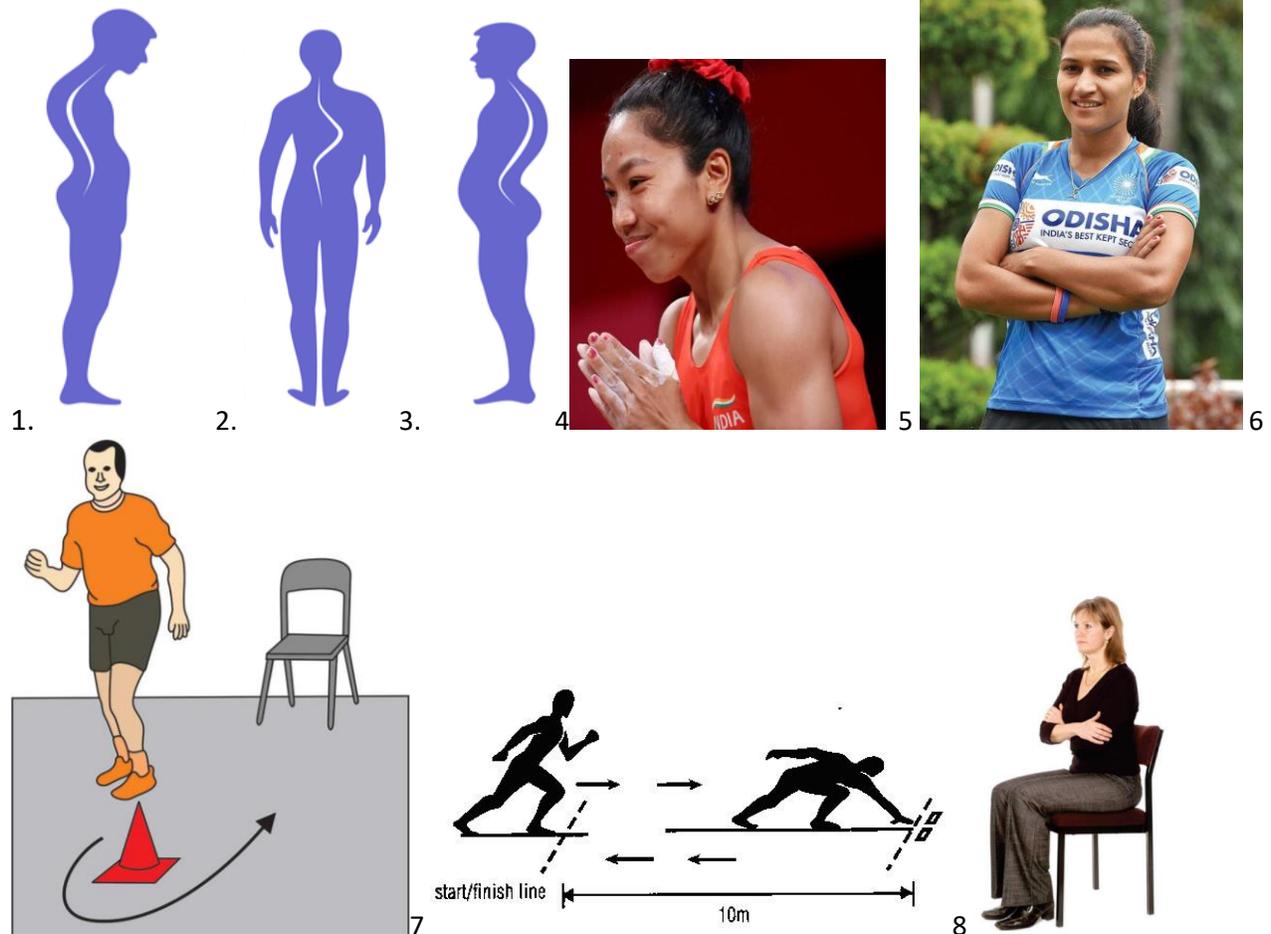
(A) Both (A) and (R) are true and (R) is the correct explanation of (A).

(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.

Q8. Identify the image:



You-tube link

1. <https://www.youtube.com/watch?v=s4hzZ7nbEMc&t=643s>
2. <https://www.youtube.com/watch?v=0hWTBtQUQxk&t=574s>

Note:

1. Send your answers to your respective subject teacher's email
2. Students must mention their name, class/section and date in their assignments.
3. Your assignment will be marked for internal /Term assessments. Therefore, it is mandatory for you to submit it on time.

| | Class & Section | Name of Subject Teacher | Email Id |
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