

BCM school Basant Avenue.

M.M=15

Physical education lesson-6

Class-XI

1. What is test and measurement Explain the importance.
2. Write a procedure of partial curl up test
3. What do you be my body mass index explain the procedure of calculation of BMI.
4. Explain briefly Endomorph Mesomorph and Ectomorph.
5. How do we measure the body composition.