

**National Institute of Open Schooling
Senior Secondary Course
Lesson 15: Test and Measurement
Worksheet-15**

Q.1- “Through measurement we can explore the ability, qualification and important information of students.” In the light of statement list out the benefits of measurement in physical education.

Q.2- Contact to a Physical Education Teacher of a Sr. Sec. School in your nearby locality and enquire and list out need and importance of physical education in school education.

Q.3- Identify various components which contribute towards physical fitness of students in school education.

Q.4- How does test and measurement helps to study individual development? Explain.

Q.5- Draft a conversation between a student and physical education teacher related to the importance of physical tests and measurement in school education.