

HOLIDAY HOMEWORK

Class XII

SESSION 2016-17

1. Prepare the report, sampling of five each tests on a file
Harward step test
Rockpot test
Sit and reach test
Rikli and jones senior citizen fitness test
2. Discuss projectite, factors and angular moments.
3. Discuss mechanical analysis of walking and running.
4. (Write of your own) motivation techniques in sports.