



Test Your Physical Fitness

By C. Ashok

2008. Hardcover. Book Condition: New. 360 The book covers all the dimensions of testing, calculating, comparing, evaluating and deriving conclusions regarding all possible physical fitness variables in the fields such as anthropometry, strength, speed, power flexibility, coordination etc. The book shall be a boon to the researchers as well as the persons seeking physical fitness testing. Every one can assess their level of physical fitness and accordingly they may plan their routine life. Although the standard tests are required specific equipment, there are some tests that are feasible by every one without any sophisticated equipment. The book may guide a person for maintaining body fitness, since we are mostly depending on the machines which are most welcomed but directing us towards physical weakness. About The Author:- Dr. C. Ashok, is at present working as a Reader and Director of Physical Education in Ayya Nadar Janki Ammal College (Autonomous, Reaccredited with A status by NAAC and College with Potential for Excellence by UGC), Sivakasi, Tamil Nadu. He completed his Higher Secondary at Nadar Srawanthi Higher Secondary School, Theni. He was graduated from one of the pioneer colleges of Madurai Kamaraj University i.e., Ayya Nadar Janaki Ammal College. After graduation, he underwent...



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Reviews

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