

TRUE OR FALSE

1. Physical fitness tests measure health- related components only.
2. BMI is the measure of a person's body composition based of his/her body weight in relation to his/her height.
3. BMI stands for Body Max Indent.
4. The sit and reach test is used in measuring the flexibility of the lower back and hamstring muscles.
5. The balance beam test measures the body's ability to fall while in motion.
6. Pushups test the body ratio and flexibility of the arms and the upper body.
7. The wall squat test measures the muscular strength of the lower of the body
8. The physical fitness tests help identify a person's level of fitness in terms of current health conditions, risk, and limitations.
9. BMI is a good indicator of the amount of fat in the body.
10. Physical Fitness is not good for the body.