

## Practical 7



**Component Measured:** Speed

The ability to cover the maximum distance in minimum possible time is called speed.

**Name of the Test:** 50 Meter Dash

### Aim

The objective of this test is to measure the speed of the participant by using 50 Meter dash.

**Required Equipment:** A 100 Meter track, whistle, and stopwatch are the equipment required for this test.

**Testing Procedure:** Two lines are marked on the field 50 meter apart in the track. One line is used as a starting line and the other as the finish line. On the signal the participant start running at their best to reach the finish line at the earliest possible time. The signal is accompanied with the downward sweep of the starter's arm to give the visual signal to the timer who stands at the finish line to record the time.

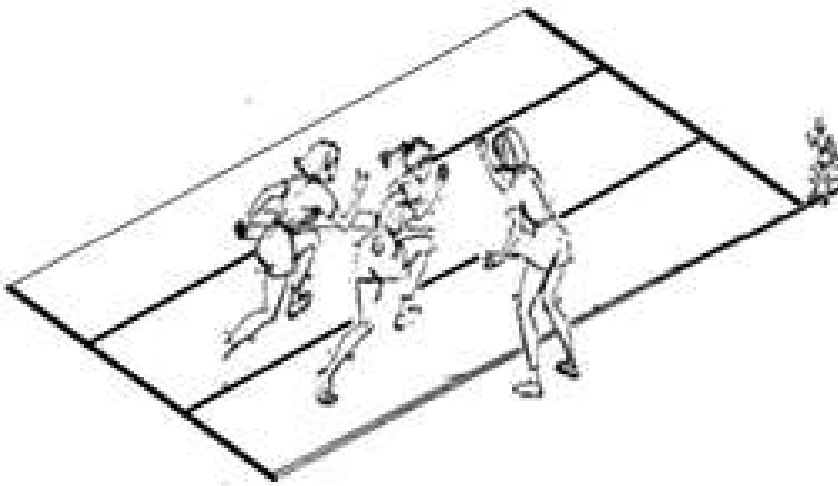


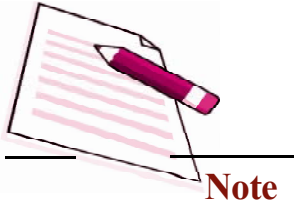
Figure 7: 50 Meter dash

**Scoring Procedure:** The time taken by the participant between the starting and finishing the 50 Meters distance is the score of the test.



**Note**





**Effect and Observations**

Perform 50 Meters dash for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D11	D13	D15
50 Meters (Duration in Seconds)								

**Observation**

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**Remarks**

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**(Signature of the Instructor)**

