

Semester VI

Paper-16: TEST, MEASUREMENT & EVALUATION

Max. Marks =150

(42 Hours)

**UNIT-I**

- (i) Introduction Meaning :-Inter relationships test, measurement and evaluation .
- (ii) Importance of TME in the field of physical education.  
Test constructions:- a) general consideration b) physical fitness/ efficiency test **(Book-I, Ch-2 & 3)**

**8 Hours**

**UNIT – II**

- (i) Test classification.
  - (ii) Test Administration.
  - (iii) Steps of Test Construction.
- Common Method of Measurement in Physical Education. **(Book-I, Ch-1,5,6 & 7)**

**8 Hours**

**UNIT –III**

- (i) Fitness Testing :Physical fitness testing: components of physical fitness.
- (ii) Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardiopulmonary test:
- (iii) Endurance Test, Harvard step test.
- (iv) Flexibility Test : Sit & Reach Test. **(Book-I, Ch-13,14,15 & 16, Page-192-225)**

**8 Hours**

**UNIT-IV**

Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac. **(Book-I, Part-3, Ch-11)**

**9 Hours**

**UNIT-V**

Skill Testing, Measurement of skills, games and sports-Johnson basketball test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test. **(Book-I, Ch-24)**

**9 Hours**

**Note:** Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

**Practical (28 Hours)**

1. Construction of a physical fitness test.
2. Construction of a frequency distribution table from the given data
3. Construction of a percentile chart from the given data of mean and standard deviation
4. Measurement of VO<sub>2</sub> max by Harvard step test.
5. Measurement of sports skills included in theory course.

**ESSENTIAL READINGS:**

**Book-1 :** Kansal, D.K. (2012). A Practical Approach to Test, Measurement & Education. Sports & Spiritual Science Publication, New Delhi.

**SUGGESTED READINGS**

- Balyan Sunita (2006). Sharirk Shiksha main Parikshan evm maapan. Khel Sahitya. Delhi.
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
- Miller David K (2006). Measurement by the Physical Educator: Why and How. Mcgraw-Hill. Boston, U.S.A.
- Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi
- Srivastava AK (2006). Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.
- Tritschler K. (2000) Barrow & McGee's Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.

**Theory 100 Marks = (75 + 25 Internal Assessment).**

**Practicals = 50 Marks**