

Semester – IV
PART – A: THEORY COURSE

BTC-401: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
2	-	2	32	-	32	15	35	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the concept of test, measurement & evaluation in Physical Education, Criteria of selection, classification and administration of test, physical fitness tests and sports skill tests.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- understand the need & importance of test, measurement and evaluation in physical education.
- describe the criteria, classification and administration of test.
- develop concepts related to test, measurement & evaluation.
- construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
- explain different physical fitness and skill tests.

COURSE CONTENTS

Unit- I: Introduction to Test & Measurement & Evaluation

- Meaning of Test, Measurement and Evaluation in Physical Education
- Need & Importance of Test, Measurement and Evaluation in Physical Education
- Principles of Evaluation **Criteria; Classification and Administration of test**
 - Criteria of good Test
 - Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
 - Type and classification of Test
 - Administration of test, advance preparation – Duties during testing – Duties after testing.

Unit- II: Assessment of motor fitness/Physical Fitness

- AAHPER youth fitness test
- Cross Weber minimum muscular strength test
- Harward's step up test
- Cooper's 12 minute run walk test
- Indiana Motor Fitness Test
- Health Coopers Health Related Physical Fitness Test
- General Motor ability and capacity test

Unit- III: Sports Skill Assessments

- Badminton Tests – Lockhart and McPherson Badminton Test and Miller Wall Volley Test.
- Basketball Test – Johnson’s Basketball Test and Knock’s Basketball Test
- Soccer Test – Johnson’s Soccer Test and McDonald Soccer Test.
- Hockey Test – Harbans Field Hockey Test and Akhil Malhotra Hockey Test.
- Volleyball Test – Brady Volleyball Test and its modification and Russell and Longe Volleyball Test.

Unit- IV: Anthropometry Test

- Girth Measurement: Upper Arm, Forearm, Calf, Chest
- Width Measurement: Biacromial Chest, Illocrestol Epicondyler (Femur and Humorous)
- Somato types assessment
- IOWA Posture Test

List of Practicum

- Students have to practically perform all the above mentioned tests and prepare a report on the basis of obtain data.

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

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| • End Semester Exam | Marks: 50 |
| • Classroom Test, Project Work, Assignments, Presentations | Marks: 35 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 15 |
| ○ Project Work, Assignments, Presentations | Marks: 05 |
| | Marks: 10 |

SUGGESTED READINGS

- Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm.
- Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- Barron, H.M. & Mchee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger.
- Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications.
- Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.Sounders Compnay.
- Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.

- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
- Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.