

MPCC-103:

Course Title: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
3	1	4	48	32	80

THE COURSE OBJECTIVES ARE:

1. To develop concepts related to Test, Measurement & Evaluation;
2. To construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education.
3. To analyze the physical ability and performance of an individual in various sports.
4. To provide scientific techniques in selection and talent identification through various evaluation and grading process applicable in physical education and sports.
5. To develop the skills and techniques for construction of new tests for various need related to specific Sports Skills.

STUDENT LEARNING OUTCOMES ARE:

1. Explain the basics of measurement and evaluation of various test and measurement techniques.
2. Develop the concepts of measurement and evaluation in physical education and sports
3. Develop ability to construct new tests for various need related to Physical Education and Sports with scientific authenticity
4. To analyze various test and performance related to physical education

UNIT I: Introduction

- Meaning and Definition of Test, Measurement and Evaluation
- Need and Importance of Measurement and Evaluation.
- Criteria for Test Selection – Scientific Authenticity.
- Factors Affecting Scientific Authenticity
- Procedure to establish Scientific Authenticity
- Meaning, definition and establishing Validity, Reliability, Objectivity.
- Norms – Administrative Considerations.

UNIT II: Selection of Construction of Tests

- Criteria of Test Selection
- Construction of Test – Knowledge Test & Skill Tests
Guidelines for constructing objectives and subjective test (Alternate Choice (True/False), Multiple Choice, Short Answer & Matching Items)
- Administration of Testing programme, its procedure and follow up

UNIT III: Motor & Physical Fitness Tests

- Meaning and Definition of Motor Fitness and Physical Fitness.
- Tests for Motor Fitness;
- Barrow Motor Ability Test –
- Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.
- AAHPERD Health Related Fitness Battery (revised in 1984),
- ACSM Health Related Physical Fitness Test,
- Roger's physical fitness Index.
- Harvard step test, 12 minutes run / walk test,
- Multi-stage fitness test (Beep test)
- Test of coordinative ability; Speed; Power

UNIT IV: Anthropometric and Aerobic-Anaerobic Tests

- Physiological Testing:
- Aerobic Capacity:
- The Bruce Treadmill Test Protocol,
- 1.5 Mile Run test for college age males and females.
- Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test
- Anthropometric Measurements:
Method of Measuring Height: Standing Height, Sitting Height.
Method of measuring Circumference: Arm, Waist, Hip, Thigh.
Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

PRACTICUM: Tests of Unit III & IV should be conducted practically also.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCES:

- Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:
- Ho+Storm.
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- Philadelphia: Lea and Febiger.
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- Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:
- D.V.S. Publications.
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- Mathews, D.K., (1973). Measurement in physical education, Philadelphia:
- W.B.SoundersCompnay.
- 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.