

Semester-III
Theory Course

IMTC-303-TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

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

13.1 UNIT I

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

13.2 UNIT II

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test – Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

13.3 UNIT III

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test)

13.4 UNIT IV

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., Specific Sports Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hocket: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test,

Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

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

- | | |
|--|-------------------|
| | Marks: 50 |
|) End Semester Exam | Marks: 35 |
| o Written Test | Marks : 20 |
| o Practicum | Marks : 15 |
|) Classroom Test, Project Work, Assignments, Presentations | Marks: 15 |
| o Classroom Tests: Best one out of two unit tests | Marks: 5 |
| o Project Work, Assignments, Presentations | Marks: 10 |

REFERENCES:

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Baror, O (1987) "The Wingate anaerobic test; An update on methodology, reliability and validity" *Sports Medicine 4: 381-394*
3. Barrow, H.M. & McGee, R.A. (1964) Practical Approach to Measurement in Physical Education, Philadelphia: Lea and Febiger
4. Bovard, J.F. Cozens, F. W & Hagman, P.E (1949) Test and Measurements in Physical Education, Philadelphia: W.B. Saunders Company
5. Campbell, W.R. & Tucker, N.M. (1967) An Introduction in Physical Education, London, G. Bell and Sons Ltd
6. Clarke, H. Harrison *+& David H. Clarke (1976) Application of Measurement in Physical Education, New Jersey: Prentice Hall Inc.
7. Clarke, H. Harrison *+& David H. Clarke (1997) Application of Measurement in Physical Education, New Jersey: Prentice Hall Inc.
8. Collins, R.D., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
9. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
10. Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
11. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
12. Luc Leger (1983), Testing Physical Fitness, Eurofit Experimental Battery Provisional Handbook, UK, Strasbourg

13. Meyers, C. R. & Belsh, E.T. (1962) Measurement in physical education, New York, The Ronald press company
14. Safrit and Margaret J. (1981) Evaluation in Physical Education, New Jersey: Prentice Hall Inc