

## SEMESTER IV

**BES-C403**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION**

#### **UNIT-I**

Concept: Meaning and Definition of Test, Measurement & Evaluation in the field of physical education

Importance of Test, Measurement & Evaluation in the field of physical education

Scope of Test, Measurement & Evaluation in the field of physical education

Relationship between Test, Measurement & Evaluation in the field of physical education

#### **UNIT – II**

Concept: Meaning and Definition of General fitness

Concept of Physical Fitness

Components of physical fitness

Introduction of Strength test: - Kraus Weber strength test

#### **UNIT –III**

Meaning and definition of Endurance

Endurance Test, Harvard step test

Millar wall volley badminton test

Harbans hockey Test

#### **UNIT-IV**

Anthropometric Measurements:

Weight

Height

Chest circumference

Skin fold calliper introduction and uses.

### **SUGGESTED BOOKS**

Kansal DK (2012).A practical approach to Measurement Evaluation in Physical Education &Sports selection. Sports & Spiritual Science Publications, New Delhi.

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.

Chauhan S.K.C.(2007) Sharirik siksha me mapan avem mulyankan, Prerna Publication New Delhi