

CORE COURSE (THEORY)
SEMESTER IV
TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-C403

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

CO-1. Define the meaning and general principles of Test, Measurement & Evaluation

CO-2. Discuss the role and Importance of Test, Measurement & Evaluation.

CO-3. Acquiring the knowledge of Concept of Physical Fitness

CO-4. Determining the role of Endurance

CO-5. Calculating and examine the Anthropometric Measurements

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 caliper 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