CO 5

# Semester – IV Theory Courses BPD-C401 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

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

**CO-1.** Describing the concepts of measurement and evaluation in physical education.

**CO-2.** Memorizing the Classification and Administration of test.

**CO-3.**Identifying the concept of Physical Fitness Tests.

**CO-4.** Measuring various physical fitness test & sports skill test in the field of physical education.

**CO-5.**Establishing the physical fitness and sports skill test.

#### **Unit- I Introduction to Test & Measurement & Evaluation**

(10 Hrs.)

Meaning of Test & Measurement & Evaluation in Physical Education

Need & Importance of Test & Measurement & Evaluation in Physical Education Principles of Evaluation

# Unit- II Criteria; Classification and Administration of test

(15 Hrs.)

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.

Knowledge based test: Snell Sports Knowledge test

# **Unit- III Physical Fitness Tests**

(15 Hrs.)

AAHPER youth fitness test, National physical Fitness Test, Indiana Motor Fitness Test, JCR test U.S Army Physical Fitness Test.

### **Unit- IV Sports Skill Tests**

(15 Hrs.)

Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, S.A.I volleyball test, S.A.I Hockey test

### **References:**

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.

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Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:

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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.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO3								
CO 4								
CO 5								