MPD-C103 EVALUATION IN PHYSICAL EDUCATION

The Course learning outcomes (COs): On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following…….
CO-1. Memorizing the concepts of test, measurement and evaluation in physical education.
CO-2. Estimating the concept of motor fitness & different test procedures.
CO-3. Administering anthropometric and aerobic-anaerobic tests.
CO-4. Classifying various physical fitness test & skill test in the field of 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.
Meaning, definition and establishing Validity, Reliability, Objectivity.Norms – Administrative Considerations.

UNIT II – Motor Fitness Tests
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. Canadian fitness test and Indiana motor fitness

UNIT III – Physical Fitness Tests
Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), Roger's physical fitness Index. Cardio vascular test; Harvard step test, Cooper's 12 minutes run / walk test, (Beep test). Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test

UNIT IV – Anthropometric and Skill Tests
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. Width, Girth and Height measurements
Specific Spots Skill Test: Badminton: Miller Wall Volley Test.
Basketball: Johnson Basketball Test, Harrison Basketball Ability Test.
Hockey: Friendel Field Hockey Test, Harban's Hockey Test,
Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test.
Football: Johnson Soccer Test, Mc-Donald Volley Soccer Test.
Tennis: Dyer Tennis Test.

References:
Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillan Publishing Co. Inc
Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4								