

M.P.E. - 103 – Measurement and Evaluation in Physical Education

Unit –I: Meaning of the Terms: Test, Measurement and Evaluation

- Classification of Test
- Criteria for Test Selection

Unit –II: Physical Fitness and General Motor Ability Test.

- AAHPER youth Fitness Test
- J.C.R. Test
- Indiana Motor Fitness Test
- Berow General Motor Ability Test
- Larson Test

Unit –III: Cardiovascular and strength Test.

- Harward step Test
- Cooper's 12 minutes Run/Walk. Test
- Roger's Test
- Kraus Weber muscular Test

Unit –IV: Skill Test.

- Volleyball – (1) Brady Test (2) Russl and Lange Test
- Badminton - (1) Miller Valley Test (2) Lock art Mcpherson Test
- Hockey – Hrbans Singh Field Hockey Test
- Basketball –Johnson Test, (2) LiLich Basketball Test
- Tennis - (1) Oyer Tennis Test.

Unit –V: Concept of Sociology and Psychological Tests

- Test of Social Efficiency
- Sociological Efficiency of Petorson
- Anxiety Test (SCET)

Reference

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- Hubbard W. Alfred Research Method in health, Physical Education and Recreation 3rd Revised. Edn. (Washington : D.C. American Association of health Physical Education and Recreation-1973)
- Mathew, Donald,K. Measurement in Physical Education, (London : W.B.Saunders Co, 1973) Edn.5
- Larson L.A. and Yocom, R.D. Measurment of Evaluation in Physical Education Health and Recreation Education (st.Louis C.V.Mosby Co.1957)