

SEMESTER-VIII

B.A. (Prog.) with Physical Education

DSC-8(4): B.A.-PE-DSC-(4) - TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC-8(4): B.A.-PE-DSC-14- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	4	3	0	1	Class XII pass	NIL

Learning Objective:

The objective of this course is to provide an understanding and practice to the learner about test, measurement, and evaluation as applicable to Physical Education and Sports Performance, criteria and administration of tests, physical fitness tests, and sports-specific skill tests.

Learning Outcomes:

1. The learners will be able to develop concepts and applications of tests, measurement, evaluation, and relationships with physical education and sports performance.
2. The learners will be able to understand and apply different types of tests for evaluating the performance of participants.
3. The learners will be able to apply the knowledge of criteria, classification and administration of test in physical fitness testing and sports specific skill testing.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Test, Measurement, and Evaluation

(11 Hours)

1.1 Meaning and Definition of Test, Measurement, and Evaluation.

1.2 Need and Importance of Test and Measurement in Physical Education and Sports

Unit-II: Criteria and Administration of Test (12 Hours)

- 2.1 Classification of tests – Standardized and teacher-made tests – Objective and subjective Tests – Knowledge test- Fitness test- Sports skill test
- 2.2 Criteria of Test (Scientific Authenticity) – Reliability, Objectivity, Validity
- 2.3 Administration of Test: Preplanning, testing operation, and post-test functions

Unit- III: Measurement of Fitness Components (12 Hours)

- 3.1 Measurement of fitness components.
 - Muscular endurance (sit-ups)
 - Muscular Strength (Kraus-Weber Test)
 - Cardio-respiratory endurance (Cooper's 12 min. run/walk test)
 - Agility (Shuttle run)
 - Speed (50m. dash)
 - Flexibility (Sit and reach)

Unit-IV: Physical Fitness Tests (10 Hours)

- 4.1 Test for Physical Fitness- AAPHERD Youth Physical Fitness Test and Roger's Physical Fitness Index
- 4.2 Test for Motor Fitness- Indiana Motor Fitness Test and JCR Test

PART-B: PRACTICALS: (30 Hours)

- Measurement of Fitness Components (Muscular Endurance/Muscular Strength/ Cardiorespiratory endurance)
- Measurement of Fitness Components (Agility/Speed/ flexibility)
- Administration of Physical Fitness Test: AAPHERD Youth Physical Fitness Test or Roger's Physical Fitness Index
- Administration of Motor Fitness Test: Indiana Motor Fitness Test or JCR Test

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Allen D., Phillips & James E. Hornork (1979) **Measurement and Evaluation in Physical Education**. John Wiley & Sons, New York
2. Balyan, Sunita (2006). **Sharirk Shiksha main Parikshan evm maapan**, Khel Sahitya. Delhi.
3. Barrow, H.M.. and McGee, R., A (1964) **Practical Approach to Measurement in Physical Education**, Lea and Febiger, Philadelphia.
4. Barry L. Johnson, Jack K. Nelson. **Measurements for Evaluation in Physical Education**. Surjeet Publications.
5. Bovard, J.F., Cozens, F., W. and Hagman, P.E. (1949) **Test and Measurements in Physical Education**, W.B. Sanders Company, Philadelphia.
6. Cureton, T.K. (1947) **Physical Fitness Appraisal and Guidance**, The C.Mosby Company, St.Louis.
7. Harrison H. Clarke. (1976-1987) **Application of Measurement to Health & Physical Education**, Prentice Hall Inc. Englewood Cliffs N. J.
8. Hunsicker, P.A. and Montoye, H.J. (1953) **Applied Test and Measurements in Physical Education**, Prentice Hall Inc., New York.

9. Kansal D.K. (2012). **A Practical Approach to Measurement, Evaluation & Sports Selection**. Sports & Spiritual Science Publications, New Delhi.
10. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), **Fitness, Aerobics and Gym Operations** (New Delhi: Khel Sahitya Kendra).
11. Mathews K. Donald. (1973) **Measurement in Physical Education**, London W.S. Saunders Company,
12. Meyers, C.R. and Belsh, E.T. (1962) **Measurement in Physical Education**, The Ronald Press Company, New York. Sports, New Delhi: Friends Publications.
13. Safrit Margaret J. (1986) **Measurement in Physical Education and Exercise Science**. St. Louis, Times Mirror Mosby College publishing.
14. Srivastava AK (2006). **Sharirik Shiksha Evam Khel Mein Maapan Evam Mullyankan**. Sport Publications, Delhi.
15. Wilgoose, C.E (1967) **Evaluation in Health Education and Physical Education**, McGraw Hill Book Company, Inc, New York.
16. Yobu, A (2010), **Test, Measurement and Evaluation in Physical Education**, Friends Publication, New Delhi
17. Shaw D. (2018) **“Fundamental Statistics in Physical Education and Sports Sciences”** Sports Publication, ISBN: 81-86190-57-0.
18. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN: 978-8193-7698-0-5.
19. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN: 978-81-7730-848-8.
20. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN: 978-81-7730-847-1.
21. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN: 978-81-937698-1-2.
22. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.