

**2021**

**TEST, MEASUREMENT AND EVALUATION  
IN PHYSICAL EDUCATION**

**Paper: MPEC-101**

**Full Marks-70**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answer in their own words  
as far as practicable.*

**Answer all Questions**

1. Describe the scope of Test, Measurement and Evaluation in the field of Physical Education in detail. 15

*Or,*

Define Test and explain why test is important in evaluation process? Discuss the criteria of selecting a good test for the purpose of measurement and evaluation in physical education. 5+10

2. Define Motor Fitness. Describe the Kraus-Weber Minimum Muscular Fitness Test in detail. 5+10

*Or,*

Write short note on Health-Related Physical Fitness. Describe the Harvard Step Test in detail. 5+10

3. What is Aerobic Capacity? Write the Bruce Treadmill Test protocol in detail. 5+10

*Or,*

What is Body Composition and how the body composition be assessed? Why assessment of body composition of an athlete is important in sports science? 4+5+6

4. **Write short note on** following (**any two**): 2x7.5

- a) Miller Wall Volley Test
- b) Dyer Tennis Test
- c) Russel Lange Volleyball Test
- d) Reaction Ability Test

*Please Turn Over*

(2)

5. Answer the MCQs by choosing the right option given below and writing it down on your answer script (**any ten**): 10x1

a) In measurement the first step is:

- (i) Marking of the test
- (ii) Administering the test
- (iii) Development of the test
- (iv) Decision of what to measure

b) The main purpose of the evaluation is to make:

- (i) Judgment
- (ii) Opinion
- (iii) Prediction
- (iv) Decision

c) From the following the right sequence is:

- (i) Test, measurement, assessment, Evaluation
- (ii) Evaluation, Test, Measurement, Assessment
- (iii) Test, assessment, Evaluation, Measurement
- (iv) Assessment, Measurement, Evaluation, Test

d) For which type of question marking is more objective?

- (i) Multiple choice questions
- (ii) Essay
- (iii) Short answer
- (iv) Completion

e) Which following is used to measure Reaction Time?

- (i) Ruler drop test
- (ii) SCAT
- (iii) Jump Decathlon
- (iv) 5 Km predictor test

f) McDonald soccer test involves:

- (i) Volleying the soccer ball against a backboard
- (ii) Volleying the soccer ball and also kicking soccer for a distance
- (iii) Volleying the soccer ball, kicking soccer ball for a distance & dribble for speed
- (iv) Kicking a soccer ball for a distance & dribble for speed.

g) What is the full form of AAHPERD?

- (i) American and Australian Health, Physical Education, Recreation and Dance.
- (ii) American Association for Health, Physical Education, Recreation and Dance.
- (iii) American Alliance for Health, Physical Education, Recreation and Dance.
- (iv) None of the above.

*Please Turn Over*

(3)

h) Reliability denoted as

- (i) Consistency of performance
- (ii) Variability among groups
- (iii) Inconsistency among subject
- (iv) None of the above.

i) A treadmill is used for measuring:

- (i) Speed
- (ii) Power
- (iii) Work done in running
- (iv) Force.

j) In which of the following case we should not use test?

- (i) When the number is small
- (ii) When variance is large
- (iii) When distribution is normal
- (iv) None of the above.

k) Which of the following test assess the body composition and is used to quantify individual's obesity level?

- (i) Height/Weight tables
- (ii) Body mass index
- (iii) Skin fold measurement
- (iv) Hydrostatic weighing.

l) Flowing which test(s) measures the anaerobic capacity?

- (i) Margaria- Kalamen Test
  - (ii) Wingate test
  - (iii) Both 'i' & 'ii'
  - (iv) None of the above
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