2024

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Course : MPEC-101

Full Marks : 70

The figures in the margin indicate full marks.

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

1. Differentiate between Test, Measurement and Evaluation with suitable examples. Explain the need and importance of Test, Measurement and Evaluation in the field of physical education and sports.   6+9

Or,

Describe the criteria of a Good Test. Write down different methods of Grading.   9+6

2. Explain different components of Motor Fitness. Describe the administration procedure of the Kraus-Weber Minimum Muscular Strength Test.   5+10

Or,

What is Cardiovascular Endurance? Explain the administration procedure of Cooper's 12-Minute Run and Walk Test.   5+10

3. Calculate anaerobic power in watts from the Margaria-Kalamen Power Test where; Body Weight = 75 kg, Height = 1.70 m, and Time = 0.76 sec. Explain the Wingate Anaerobic Test. How will you measure a person's arm and thigh circumferences?   3+8+4

Or,

Write down the methods of measuring of biceps, triceps and sub-scapular skinfold. Explain the procedure of assessing Body Composition.   6+9

4. Write notes on the following (*any two*) :   7½×2

   (a) Johnson Basketball test

   (b) McDonald Soccer test

   (c) Friedel Field Hockey test

   (d) Achievement Motivation test.

Please Turn Over

5. Answer the following MCQ's by choosing the correct option from the given alternatives for each questions and write it on your answer script (*any ten*) :   1×10

(a) What is the primary purpose of measurement in Physical Education?

   (i) Assessing improvement

   (ii) Diagnosing health issues

   (iii) Collecting data for evaluation

   (iv) Creating competition.

(b) What does 'evaluation' mean in Physical Education?

   (i) Observing students

   (ii) Grading performance

   (iii) Judging the quality of results

   (iv) Measuring fitness levels.

(c) Which is NOT a criterion of a Good Test?

   (i) Validity

   (ii) Reliability

   (iii) Simplicity

   (iv) Objectivity.

(d) What does 'Grading' in Physical Education aim to achieve?

   (i) Sorting students by skill level

   (ii) Encouraging teamwork

   (iii) Diagnosing health conditions

   (iv) Promoting sportsmanship.

(e) The Kraus-Weber Test is used to measure

   (i) Cardiovascular endurance

   (ii) Flexibility and strength

   (iii) Agility

   (iv) Reaction time.

(f) What does the 9 min run/walk test, a test item of the AAHPERD Health-Related Fitness Test evaluate?

   (i) Flexibility

   (ii) Psychological ability

   (iii) Cardio-respiratory fitness

   (iv) Reaction time.

(g) Which test measures Anaerobic Power?

   (i) Wingate Anaerobic Test

   (ii) Cooper 12-Minute Run

   (iii) Beep Test

   (iv) Harvard Step Test.

(h) Which of the following is NOT concerned with measuring body composition?

   (i) Skinfold thickness

   (ii) Body Mass Index (BMI)

   (iii) Reaction time

   (iv) Circumference measurements.

(i) Somatotyping is the process of

   (i) Measuring Strength

   (ii) Classifying Body types

   (iii) Measuring Reaction Time

   (iv) Assessing fitness levels.

(j) What does the SCAT test measure?

 (i) Anxiety in sports

        (ii) Reaction ability

 (iii) Flexibility

        (iv) Agility.

(k) Which test evaluates the Physical Efficiency Index (PEI)?

 (i) Harvard Step Test

        (ii) Reaction Ability Test

 (iii) Beep Test

        (iv) Margaria-Kalamen Test.

(1) Reliability in testing means

 (i) Easy grading

        (ii) Consistency of results

 (iii) Adaptability

        (iv) Bias-free judgment.

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