

**2025**

**MEASUREMENT AND EVALUATION IN  
PHYSICAL EDUCATION**

**Course : CC-401**

**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. Define the term Test, Measurement and Evaluation. Explain the needs and importance of Test, Measurement and Evaluation in Physical Education. 6+9

**Or**

What is meant by Test, Measurement and Evaluation? Write the principles of Evaluation. 6+9

2. What are the criteria of a good test? Explain any three of them with example. 6+9

**Or**

Explain the key responsibilities involved in the administration of a test of its three phases :

(a) Advance preparation duties

(b) Duties during the test

(c) Duties after the test.

5+5+5

3. What is a Physical Fitness Test? Explain AAHPER Youth Fitness Test. 5+10

**Or**

Explain the process of JCR Test. Discuss the Turtle Pulse Ratio Test.

6+9

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

7½×2

(a) McDonald Soccer Test

(b) Johnson Basketball Test

(c) Russel-Lange Volleyball Test.

**Please Turn Over**

**(2037)**

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

- (a) Which test is used to assess cardiovascular endurance?
- |                            |                               |
|----------------------------|-------------------------------|
| (i) Sit and Reach Test     | (ii) 12 min Run and Walk Test |
| (iii) 30 meter sprint Test | (iv) Push-up Test.            |
- (b) The Sit and Reach Test is used to measure
- |                        |              |
|------------------------|--------------|
| (i) Muscular Endurance | (ii) Agility |
| (iii) Flexibility      | (iv) Speed.  |
- (c) Reliability of a test means
- |                                   |  |
|-----------------------------------|--|
| (i) the test is difficult         | (ii) the test gives consistent results |
| (iii) the test is easy to conduct | (iv) the test has clear instructions.  |
- (d) Which component of physical fitness is measured by the Standing Broad Jump?
- |                           |                     |
|---------------------------|---------------------|
| (i) Balance               | (ii) Flexibility    |
| (iii) Explosive leg power | (iv) Reaction time. |
- (e) The AAHPER fitness test was developed to measure
- |   |                             |
|---|-----------------------------|
| (i) technical skills                    | (ii) tactical understanding |
| (iii) health - related physical fitness | (iv) personality traits.    |
- (f) In the context of physical education, which of the following is an example of a skill-related fitness component?
- |                 |                         |
|-----------------|-------------------------|
| (i) Flexibility | (ii) Muscular Endurance |
| (iii) Speed     | (iv) Body composition.  |
- (g) The test used to measure speed is
- |                         |                    |
|-------------------------|--------------------|
| (i) 50 Meter Dash       | (ii) Sit and Reach |
| (iii) Harvard Step Test | (iv) Pull-up Test. |
- (h) A test's objectivity means
- |   |
|---|
| (i) test is expensive                           |
| (ii) test is creative                           |
| (iii) results are not affected by personal bias |
| (iv) it's difficult to cheat.                   |

- (i) A test is said to be usable when
- (i) it is valid and reliable
  - (ii) it is easy, cost effective and practical
  - (iii) it is difficult and complex
  - (iv) it is given on line.
- (j) Which of the following is not a criterion of a good test?
- (i) Validity
  - (ii) Reliability
  - (iii) Complexity
  - (iv) Objectivity.
- (k) Which unit is used to measure flexibility?
- (i) Seconds
  - (ii) Meters
  - (iii) Inches or Centimeters
  - (iv) Kilograms.
- (l) Which test is ideal for assessing aerobic fitness?
- (i) 12 Minute Run and Walk
  - (ii) Vertical Jump
  - (iii) Push-up
  - (iv) Wall Toss.
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