

2025

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. Define Test, Measurement and Evaluation. Explain the need and importance of measurement and evaluation in Physical Education. 7+8

Or

What is a good test? Define Validity, Reliability and Objectivity of a test and discuss their types and significance in Physical Education. 3+12

2. Define Motor Fitness. Describe the administration procedure of Indiana Motor Fitness Test. Explain the administration procedure and scoring of Harvard step test. 2+6+7

Or

Explain the AAHPERD Health Related Fitness Test Battery. Write a short note on Rogers' Physical Fitness Index. 10+5

3. Explain the Bruce Treadmill Test Protocol for assessing aerobic capacity. Describe the Margaria-Kalamen Test. 8+7

Or

Explain the methods of measuring sitting height and thigh circumferences. Discuss assessment of somatotyping by using Heath-Carter method. 6+9

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

- (a) Miller Wall Volley Test
- (b) Russell-Lange Volleyball Test
- (c) Sports Competition Anxiety Test (SCAT)
- (d) Kinaesthetic Perception Test.

Please Turn Over

(3816)

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

- (a) Which of the following defines a test best ?
- (i) Process of collecting data
 - (ii) Tool used to measure performance
 - (iii) Judgment based on results
 - (iv) Interpretation of scores.
- (b) If a physical fitness test consistently produces similar scores on repeated administration but fails to measure the intended ability, then that test would be considered as
- (i) valid but unreliable
 - (ii) reliable but invalid
 - (iii) objective but unreliable
 - (iv) norm-referenced.
- (c) Validity of a test indicates
- (i) consistency of scores
 - (ii) accuracy of measurement
 - (iii) ease of administration
 - (iv) objectivity of scoring.
- (d) Reliability of a test refers to
- (i) measuring what it intends to measure
 - (ii) freedom from bias
 - (iii) consistency of results
 - (iv) ease of use.
- (e) Which situation best demonstrates lack of objectivity in a test?
- (i) Different testers obtain similar scores
 - (ii) Scores change due to fatigue
 - (iii) Scores vary due to examiner bias
 - (iv) Performance improves with practice.
- (f) Kraus-Weber Test is used to measure
- (i) speed
 - (ii) agility
 - (iii) minimum muscular strength
 - (iv) maximum muscular strength.
- (g) Which test is used to measure cardiovascular endurance?
- (i) Wingate Test
 - (ii) Cooper 12-minute run
 - (iii) Kraus-Weber Test
 - (iv) Margaria-Kalamen Test.

- (h) Bruce Treadmill Test is used to assess
- (i) Anaerobic power
 - (ii) Aerobic capacity
 - (iii) Muscular strength
 - (iv) Speed endurance.
- (i) Wingate Test measures
- (i) Aerobic endurance
 - (ii) Anaerobic capacity
 - (iii) Flexibility
 - (iv) Balance.
- (j) Miller Wall Volley Test is related to which sport?
- (i) Volleyball
 - (ii) Tennis
 - (iii) Badminton
 - (iv) Basketball.
- (k) Norm-referenced evaluation primarily compares an individual's performance with
- (i) Predetermined standards
 - (ii) Personal previous scores
 - (iii) Peer group performance
 - (iv) Skill-specific criteria.
- (l) Which combination of components is most directly assessed by the Barrow Motor Ability Test?
- (i) Speed, strength, endurance
 - (ii) Balance, flexibility, reaction time
 - (iii) Agility, power, coordination, speed
 - (iv) Endurance, stamina, aerobic capacity.
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