

2022

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 answers in their own words as far as practicable.

Answer the following questions.

1. Define Test, Measurement and Evaluation in the light of Physical Education with suitable example. Explain the need and importance of Evaluation in Physical Education. 9+6

Or,

Explain the criteria of a good Test. Discuss Grading considering its difficult types. 9+6

2. What is Motor Fitness? What are the components of Motor Fitness? Describe JCR test in Detail. 3+5+7

Or,

What is Cardiovascular Endurance? Explain the purpose and administration process of Cooper's 12 Minutes Run and Walk Test. 3+12

3. Differentiate between Aerobic and Anaerobic Capacity. Describe the Bruce Treadmill Test protocol. Explain Wingate anaerobic test. 5+6+4

Or,

What is the procedure to assess body composition? How you will measure standing height and sitting height? 5+10

4. Write short notes on (*any two*): 7½ x2

- a) Mc-Donald Soccer Test
- b) Johnson Basketball Test
- c) Friendel Field Hockey Test
- d) Test at Kinesthetic Perception

5. Answer the following MCQs by choosing the right option given below and writing it on your answer script (*any ten*): 1x10

- a) Which of the following terms does not denote test?
- (i) Implement
 - (ii) Instrument
 - (iii) Tool
 - (iv) Technique
- b) The measurements becomes most effective when it is conducted by
- (i) Well- qualified and trained personnel.
 - (ii) Top class professionals
 - (iii) Research scholars and experienced teachers
 - (iv) Specialists in physical education and sports
- c) Which component of motor fitness is measured by the 4x10m shuttle run test?
- (i) Motor quality
 - (ii) Running skill
 - (iii) Agility
 - (iv) Dynamic balance.
- d) Which of the following test/instrument measures the leg strength scientifically?
- (i) Standing broad jump
 - (ii) Squats & dips
 - (iii) Burpy
 - (iv) Dynamometers
- e) Which of the following methods of establishing reliability of a test is quite time saving?
- (i) Test – retest
 - (ii) Split - halves
 - (iii) Analysis of variance
 - (iv) Parallel forms
- f) The efficacy of Cooper’s 12-minute walk-and-run test lies in its ability to assess the subject’s –
- (i) Endurance
 - (ii) Speed endurance
 - (iii) Strength endurance
 - (iv) Stamina

- g) Which of the following is considered as basic purpose of the Barrow Motor Ability Test?
- (i) Selection of student for sports
 - (ii) Classification and guidance to the students
 - (iii) Activity class management in Education
 - (iv) Counseling and placement of the students
- h) For boys, the height of the bench in Harvard Step Test is
- (i) 15 inches
 - (ii) 20 inches
 - (iii) 24 inches
 - (iv) 30 inches
- i) Which of the following test items is no part of the Barrow Motor Ability Tests?
- (i) Zigzag run,
 - (ii) Six pound medicine ball put,
 - (iii) Bar snap,
 - (iv) Standing broad jump
- j) The popular Harvard Step Test, which can measure both aerobic and anaerobic capacity, was initially designed for –
- (i) College women,
 - (ii) College men,
 - (iii) Country youth,
 - (iv) Top sport athletes
- k) For what kind of people was the Miller Wall Volley Test in badminton developed?
- (i) Men and women
 - (ii) School boys and girls
 - (iii) Collegiate men and women
 - (iv) Top class payers
- l) Which of the following instruments is no used in taking anthropometric measurements?
- (i) Stadiometre
 - (ii) Goniometre
 - (iii) Calorimetre
 - (iv) Skinfold Caliper
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