



MANGALORE UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

MASTER OF PHYSICAL EDUCATION

Semester I Theory Course

MDH 403: TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Number of credits :	4	Number of hours :	4	Marks :	Internal	30	External	- 70
Objectives / Learning Outcomes								
• Placement in classes/programs or grouping based on ability • To determine what knowledge, skills, abilities, habits and attitudes have been acquired. • To determine what progress or extent of learning attained. • To determine strengths, weaknesses, difficulties and needs of students. • To help in study habits formation. • To develop the effort-making capacity of sports persons. • To serve as aid for guidance, counselling, and prognosis. • To serve as basis or guide for curriculum making and developing. • Evaluation of achievement to determine if individuals have reached important objectives.								

UNIT I: Introduction

- Meaning, Definition and scope of Test, Measurement and Evaluation.
- Criteria for Test Selection—Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity, Norms—Administrative Considerations.
- Construction of physical fitness test, knowledge test, skill tests.

UNIT II: Motor Fitness and Physical Fitness tests

- Meaning and Definition of Motor Fitness.
- Test for Motor Fitness; Oregon Motor Fitness Test (Separately for boys and girls) – Motor Ability; Barrow Motor Ability Test– Newton Motor Ability Test–Muscular Fitness–Kraus Weber Minimum Muscular Fitness Test.
- Physical Fitness Tests - AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's Physical Fitness Index.
- Cardiovascular test; Harvard step test, 12 minutes run/walk test, Multi-stage fitness test (Beep test)
- Motor Educability Tests: Metheny- Johnson motor educability test.

UNIT III: Anthropometric and Aerobic-Anaerobic Tests

- Anthropometric Measurements:
Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

- **Physiological Testing:** Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for collegiate males and females, Anaerobic Capacity: Margaria-Kalamen test, Wingate Anaerobic Test.

UNIT IV: Skill Tests

- **Specific Sports Skill Test:** **Badminton:** Miller Wall Volley Test. **Basketball:** Johnson Basketball Test, Harrison Basketball Ability Test. **Cricket:** Sutcliffe Cricket test. **Hockey:** Friedel Field Hockey Test, Harban's Hockey Test, **Volleyball:** Russel Lange Volleyball Test, Brady Volleyball Test. **Football:** Johnson Soccer Test, Mc-Donald Volley Soccer Test. **Tennis:** Dyer Tennis Test. Handball: Cornish Handball Test.

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