

TEST MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION AND SPORTS

(3+0 Cr. Hr)

COURSE OBJECTIVES

The course is designed to make the students understand and use the statistical means for the research purposes. They will learn about inferential statistics using it in everyday life for the uplift of the discipline and bringing positive reforms in order to achieve the objective.

COURSE CONTENTS:

i INTRODUCTION

- a. Definitions of Test, Measurement and Evaluation
- b. Importance of Measurement and Evaluation in Physical Education
- c. Basic Principles of Evaluation

ii EVALUATION AND ADMINISTRATION OF TESTS

- a. Criteria for Selecting Appropriate Test
- b. Pre-test Responsibilities
- c. Duties and Responsibilities during Testing
- d. Post-test Responsibilities

iii BASIC STATISTICS

- a. Standard Deviation
- b. Normal Probability Curve
- c. Standard Scores (Z. Scores-T. Scores)
- d. Correlation
- e. ANOVA Test and its variations
- f. Regression and its types
- g. T-Test and its variations

iv PHYSICAL FITNESS TESTING

- a. Definition of Physical Fitness
- b. Components of Physical Fitness
- c. Physical Fitness Test Index

v GENERAL MOTOR ABILITY TESTING

- a. Definition of Motor Ability
- b. Components of Motor Ability
- c. Measurement of Motor Ability

- vi **CARDIOVASCULAR FITNESS TESTING**
 - a. Definition
 - b. Measurement of Cardiovascular Fitness

- vii **RATING SCALES IN PHYSICAL EDUCATION**
 - a. Construction of Rating Scales
 - b. Rules for the use of Rating Scales
 - c. Types of Rating Devices

- viii **MEASUREMENT OF SPECIFIC SPORT SKILLS**
 - a. Hockey
 - b. Football
 - c. Cricket
 - d. Badminton
 - e. Volleyball
 - f. Tennis
 - g. Track & Field (One event from each group)

RECOMMENDED BOOKS

1. Morrow Jr, J. R., Mood, D., Disch, J., & Kang, M. (2015). *Measurement and Evaluation in Human Performance, 5E*. Human Kinetics.
2. Norkin, C. C., & White, D. J. (2016). *Measurement of joint motion: a guide to goniometry*. FA Davis.
3. Baker, J., & Farrow, D. (2015). *Routledge handbook of sport expertise*. Routledge.
4. Lacy, A. C., & Williams, S. M. (2018). *Measurement and evaluation in physical education and exercise science*. Routledge.
5. Palange, P., Laveneziana, P., Neder, J. A., & Ward, S. A. (Eds.). (2018). *Clinical exercise testing* (Vol. 80). European Respiratory Society.