

**Course Title:** Test Measurement & Evaluation in Physical Education and Sports  
**Code Number:** HPE-314  
**Credit Hours:** 03 hrs  
**Pre-Requisites course Requirement/Skills:** Nil

### **Objectives of Course**

At the successful completion of this course students will be able:

- 1) The course is designed to make the students understand and use the statistical means for the research purposes.
- 2) 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**

#### **Unit-I Introduction**

- 1.1 Definitions of Test, Measurement and Evaluation
- 1.2 Importance of Measurement and Evaluation in Physical Education
- 1.3 Basic Principles of Evaluation

#### **Unit-II Evaluation and Administration of Tests**

- 2.1 Criteria for Selecting Appropriate Test
- 2.2 Pre-test Responsibilities
- 2.3 Duties and Responsibilities during Testing
- 2.8 Post-test Responsibilities

#### **Unit-III Basic Statistics**

- 3.1 Standard Deviation
- 3.2 Normal Probability Curve
- 3.3 Standard Scores (Z. Scores-T. Scores)
- 3.4 Correlation
- 3.5 ANOVA Test and its variations
- 3.6 Regression and its types
- 3.7 T-Test and its variations

#### **Unit-IV Physical Fitness Testing**

- 4.1 Definition of Physical Fitness
- 4.2 Components of Physical Fitness
- 4.3 Physical Fitness Test Index

**Unit-V** **General Motor Ability Testing**

- 5.1 Definition of Motor Ability
- 5.2 Components of Motor Ability
- 5.3 Measurement of Motor Ability

**Unit-VI** **Cardiovascular Fitness Testing**

- 6.1 Definition
- 6.2 Measurement of Cardiovascular Fitness

**Unit-VII** **Rating Scales in Physical Education**

- 7.1 Construction of Rating Scales
- 7.2 Rules for the use of Rating Scales
- 7.4 Types of Rating Devices

**Unit-VIII** **Measurement of Specific Sport Skills**

- 8.1 Hockey
- 8.2 Football
- 8.3 Cricket
- 8.4 Badminton
- 8.5 Volleyball
- 8.6 Tennis
- 8.7 Track & Field (One event from each group)

**Teaching Learning strategies**

- a) Inquiry based learning
- b) Cooperative Learning
- c) Multimedia usage
- d) Concrete examples
- e) Think -Pair-Share

**Assessment and Examination**

#	Elements	Weightage	Details
1	Theory Examination based Assessment	40%	It takes Place at the mid-point of the semester. It is mostly in the form of a test but owing to the nature of the course. The teacher may assess their students based on term paper, research proposal development, field work and report writing etc.
2	Formative Assessment	60%	It is continuous assessment. It includes classroom Participation, attendance, assignments and Presentations,

			homework, attitude, and behavior, hands on activities, short test, quizzes etc.
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### **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.