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MODEL ANSWER
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Test, Measurement & Evaluation in Physical Education

(Paper-IV, MPEC-101)

AV-8637

SECTION – A

I. *Define Validity of test with example.*

Answer: Honesty of a test, if it is measuring as accurately as possible, what it is describe to measure.
e.g. verticle jump for explosive strength.

II. *What do you understand by Norms?*

Answer: It is a scale that permits conversion from raw score to a score capable of comparision and interpretation.

III. *What are the stages of preparation to administer a test?*

Answer: Before, during and after the preparation.

IV. *Write down the duration pulse count in Harvard step test?*

Answer: the pulse is counted 1-11/2, 2-21/2, 3-31/2 minutes after the stepping ceases.

V. *What is the full form of PEI?*

Answer: Physical fitness index.

VI. *Which component can you measure with skin fold caliper?*

Answer: Fat percentage and lean body mass.

VII. *Define skill test.*

Answer: It is a learned trait based on abilities that a person possess and to measure the ability what tools we use is called skill test.

VIII. *What are the test dimensions of Mc Donald Soccer test?*

Answer: Wall of 11 and half feet height and 30 feet width. Restraining line is 9 feet from the wall and another 9 feet from the restraining line where extra balls are kept.

IX. *List down the physical components?*

Answer: Muscular strength, muscular endurance, cardiovascular endurance, body composition.

X. *Note down the test items in JCR test?*

Answer: Verticle jump, chinning, shuttle run.

SECTION-B

Answer: 2.

- i. Framing the objectives.
- ii. If objective are not achieved restate the objective.
- iii. To undestand the needs, abilities and capabilities of individuals.
- iv. To evaluate the learner.
- v. Evaluate teaching.
- vi. Clasiification of students.
- vii. Check the progress or improvement.
- viii. Diagnose the learning process.
- ix. Predict future.
- x. Screening purpose.
- xi. Selection process.
- xii. Doing research.
- xiii. Accountibility purpose.

(All the points are to be explained clearly)

OR

Answer:

A test is said to be reliable if it is dependable. If similar results occur whenwhen thest is repeated by the same group under like condition.

Following are the factors which effects reliability:

- i. Numbers of items are more.
- ii. Heterogenity of the group.
- iii. Length of the test.
- iv. Administrative procedure.
- v. Difficulty level of the test.
- vi. Standard equipment.

Answer: 3

Objective is to measure minimum muscular fitness, which was established in the year 1954 by Kraus and Hirschland. There are following six items in the test:

- i. Abdominal plus psoas or A+
- ii. Abdominal minus psoas or A-
- iii. Psoas and lower abdomen
- iv. Upper back (UB)
- v. Lower back (LB)
- vi. Length of back and hamstring muscle, floor touch test.

Administer the tests with proper procedure.

OR

Answer:

Objective is to measure large muscles of body and the lung capacity. Followings are the test items of the test:

- i. Right hand grip strength.
- ii. Left hand grip strength.
- iii. Leg strength.
- iv. Back strength
- v. Pull ups
- vi. Push ups.
- vii. Lung capacity test.

(i-iv is dynamometric test, v-vi is muscular endurance test.)

(Equipment, measurement and procedure has to be mentioned accurately for the test)

Answer: 4

The objective of the test is to measure cardiorespiratory fitness, which was established in the year 1968 by Kenneth Cooper. Reliability is .94 and validity is .90. Can be administered to all age groups.

Space required: Standard track of 400 mtrs. with all marking.

(Equipment, measurement and procedure has to be mentioned accurately for the test)

OR

Answer:

American association for health, physical education, recreation and dance launched a youth fitness programme in 1957 but in the year 1965 under the chairmanship of Paul Hunsicker of Michigan tested a total 9200 children from 11 to 17 years of age with the purpose to measure fitness level of youth. The test consisted of following items:

- i. Pull ups for boys (flexed arm hang for girls)
- ii. Standing broad jump (3 trials)
- iii. Bent knee sit ups (60 sec)
- iv. 4X10 yard shuttle run (2 trials)
- v. 50 yard dash
- vi. 600 yard run walk test

(Equipment, measurement and procedure has to be mentioned accurately for the test)

Answer: 5

Anthropometric measurement is the measurement of human body parts with the help of scientific method such as skin fold calliper, anthropometric rods, stadiometer, tensiometer etc.

Arm and leg has to be divided into two parts i.e. upper and lower and follow the proper procedure of measurement. (Equipment, measurement and procedure has to be mentioned accurately for the test)

OR

Answer:

In the year 1968 Kenneth Copper constructed a test for college male and female to measure cardiorespiratory fitness.

In this test the individual has to run 1.5 mile on the marked track, flags are to be kept in 50 meters interval. Prior medical check should be done to every individual. follow the test like 12 minutes run test. Results may be recorded in secs.

Answer: 6

Miller Badminton test

Answer: This test was developed in 1951 for college men and women also useful for school students to measure the ability to use the clear shot in badminton with reliability of .94 and validity .83.

The wall has to mark 15 feet height and 10 feet width. The first line has to mark 7.6 feet from the floor and 10 feet restraining line is to be marked. After one minute practice 30 sec. time for actual

test for three trials. A sum of total count for three trails will be the score. Administer the test with proper procedure.

(Equipment, measurement and procedure has to be mentioned accurately for wall volley test)

OR

Answer:

Brady and Russel Lange test are appropriate to measure the skill performance of volleyball players. but Brady test is to measure general volleyball playing ability, which was established in the year 1945 with the reliability of .93 and validity .86.

On a smooth wall 11 and half feet height a five feet horizontal line has to be marked which will vertically extended upto 3 to 4 feet. Legal volley are to counted upto one minute into the marked area. Two trials are permitted.

(Equipment, measurement and procedure has to be mentioned accurately for volley test)

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