

Avinashilingam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment Test II- October 2018

Class: II B.P.Ed

**Time: 2 hours
Max.marks: 60**

15BPPDC16- Measurement and Evaluation in Physical Education

Part - A

5X1=5

Circle the correct answer

1. This is the capacity of an individual to perform successive movement at fast rate
 - a. agility
 - b. speed
 - c. co-ordination
 - d. Endurance
2. The main purpose of Harvard step test is to measure the
 - a. muscular endurance
 - b. cardiovascular endurance
 - c. flexibility
 - d. strength
3. Cardio vascular endurance is measured through
 - a. 50mts run
 - b. stading long jump
 - c. 40 mts shuttle run
 - d. coopers 12 min run test
4. Field goal speed test is the component of
 - a. Hockey skill test
 - b. johnson basketball test
 - c. russel lange volley test
 - d. Mc Donald wall volley test
5. Field hockey skill test is to evaluate
 - a. hitting for accuracy
 - b. Kicking for distance
 - c. throw for accuracy
 - d. serving test

Part - B

5x2=10

Answer the following in one or two sentence

6. What is Physical Fitness?
7. List the items of JCR test
8. What is skill test?
9. Who is Miller?
10. List any two Racket sports test

Part – C

Answer should not exceed 200 words or one page

3X5=15

1. a. Briefly explain about miller wall volley test
(or)
b. Explain - Dyer Tennis test
12. a. Briefly explain about Knox basketball test
(or)
b. Explain - French Short Service Test
- 13.a. Briefly explain about Henry Friedel Hockey Test
(or)
b. Explain- Russell Lange volleyball test,

Part – D

Answer the following

2X15=30

Answer should not exceed 1200 words or six page

17. a) Explain about Brady Volleyball test
(or)
b) Enumerate the test items of Johnson basketball skill test
18. a) Explain French Short Service test.
(or)
b) Explain about Hockey Skill test

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