

**Avinashilingam Institute for Home Science and Higher
Education for Women**

Continuous Internal Assessment Test II- October 2019

Class: II B.P.Ed

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

18BPPDC16- Measurement and Evaluation in Physical Education

Course Outcomes:

1. Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

Part – A

Circle the correct answer

5X1=5

1. This is the capacity of an individual to perform short event with maximum effort
a. agility b. speed c. co-ordination d. Endurance **CO2 K2**
2. The main purpose of sit and reach test is to measure the
a. muscular endurance b. cardio vascular endurance c. flexibility **CO3 K1**
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 **CO2 K3**
4. Field goal speed test is the component of
a. Hockey skill test b. johnson basketball test c. russel lange volley test **CO3 K1**
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 **CO2 K3**

Part – B

Answer the following in one or two sentence

5x2=10

6. What is Physical Fitness **CO3 K3**
7. List the items of JCR test **CO2 K2**
8. What is Coopers test **CO4 K1**
9. Expand SAI,NSNIS,SDAT,MYAS **CO3 K2**
10. List any two Racket sports test **CO1 K2**

Part – C

Answer should not exceed 200 words or one page

3X5=15

- 11. a. Briefly explain about National Physical Fitness test
(or)
- 11. b. Dyer Tennis test

CO2 K2

- 12. a. Briefly explain about Knox basketball test

CO3 K3

(or)

- 12. b. French Short Service Test

CO1 K2

- 13. a. Briefly explain about Henry Friedel Hockey Test

CO3 K2

(or)

- 13. b. Russell Lange volleyball test

CO2 K2

Part – D

Answer the following

Answer should not exceed 1200 words or six page

2X15=30

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

CO4 K2

CO1 K3

CO3 K4

CO4 K1

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B - 1144

CO3 K3
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