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Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2025 III Semester

Class: II B.P.Ed.

Time : 3 Hours

Max. Marks : 100

23BPDC16 Measurement and Evaluation in Physical Education

Course Outcomes:

CO1: Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.

CO2: Know about the different types of tests for different sports and games.

CO3: Apply the tests in minor research areas.

CO4: Analyse the performance and movements in the field of sports.

CO5: Evaluate the battery test and other tests prescribed by the government efficiently.

Part A

10 x 1 = 10

Choose the Correct Answer

1. The primary purpose of measurement in Physical Education is to: CO1 K1
a. Predict performance
b. Compare results
c. Quantify attributes
d. Improve communication
2. Which of the following is not a principle of evaluation? CO5 K2
a. Continuity
b. Objectivity
c. Subjectivity
d. Comprehensiveness
3. Reliability of a test refers to: CO2 K2
a. Accuracy of results
b. Consistency of results
c. Ease of administration
d. Availability of norms
4. Duties during testing include: CO4 K1
a. Preparing apparatus
b. Interpreting data
c. Warming up subjects
d. Giving instructions clearly
5. The AAHPER Youth Fitness Test is mainly designed for: CO5 K2
a. Adults
b. Children
c. Athletes
d. Elderly
6. The Cooper's 12-minute run/walk test primarily measures: CO3 K1
a. Muscular strength
b. Cardiovascular endurance
c. Flexibility
d. Speed
7. The Lockhart and McPherson test is used in: CO3 K2
a. Tennis
b. Badminton
c. Volleyball
d. Soccer
8. The Dyer tennis test assesses: CO5 K1
a. Forehand accuracy
b. Overall tennis ability
c. Backhand accuracy
d. Court speed
9. The Russell Lange test is designed to measure skill in: CO4 K2
a. Basketball
b. Soccer
c. Volleyball
d. Hockey
10. The Johnson basketball test evaluates: CO4 K1
a. Passing skill
b. Dribbling skill
c. Shooting ability
d. Overall playing skill

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Write about the French short service test. CO1 K2
(or)
11. b. Discuss any three principles of evaluation in Physical Education. CO1 K2
12. a. Differentiate between Reliability, Objectivity and Validity of a test with examples. CO2 K3
(or)
12. b. Explain the essential steps in the construction of a standardized test. CO2 K3
13. a. Describe the procedure for AAHPER Youth Fitness Test. CO3 K4
(or)
13. b. Write short notes on National Physical Fitness Test and JCR test. CO3 K4
14. a. Discuss the Miller Wall Volley Test for badminton and explain its significance. CO4 K5
(or)
14. b. Explain the Broer-Miller Tennis Test and state its importance for tennis players. CO4 K5
15. a. Describe the Russell Lange Volleyball Test and evaluate its usefulness. CO5 K6
(or)
15. b. Discuss the Johnson Basketball Test and its application in skill evaluation. CO5 K6

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16. a. Define Test, Measurement, and Evaluation. Explain the need and importance of these in Physical Education. CO1 K3
(or)
16. b. Critically analyze the role of evaluation in improving sports performance with suitable examples. CO1 K3
17. a. Discuss in detail the criteria of a good test with special reference to scientific authenticity. CO2 K4
(or)
17. b. Explain the administration of a test by outlining advance preparation, duties during testing, and duties after testing with examples. CO2 K4
18. a. Describe the Cooper's 12-minute run walk test: How can it be applied to evaluate cardiovascular endurance? CO3 K5
(or)
18. b. Write detailed notes on Johnson Motor Educability Test and Indiana Motor Fitness Test with their significance. CO3 K5
19. a. Describe the lockhart and Mcpherson and Miller Wall Volley skill tests in Badminton and evaluate their effectiveness. CO4 K6
(or)
19. b. Discuss the Dyer Tennis Test and Henry Friedel Hockey Test in detail, highlighting their importance in skill analysis. CO4 K6
20. a. Explain the different skill tests used in Volleyball and evaluate their contribution in identifying talent. CO5 K6
(or)
20. b. Critically examine the McDonald Soccer Test and Knox Basketball Test as effective measures of skill performance. CO5 K6
