

**Avinashilingam Institute for Home Science and Higher
Education for Women
Continuous Internal Assessment Test II- December 2020**

Class: II B.P.Ed

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

18BPDC16- Measurement and Evaluation in Physical Education

Part – A

Circle the correct answer

6X1=6

1. This is the capacity of an individual to perform successive movement at fast rate **CO2K2**
a. Agility b. Speed c. Co-ordination d. Endurance

2. The main purpose of Harvard step test is to measure the **CO3K1**
a. Muscular endurance b. Cardio-vascular endurance c. Flexibility
d. Strength

3. Cardio vascular endurance is measured through **CO2K2**
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 **CO4K3**
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 **CO2K3**
a. Hitting for accuracy b. Kicking for distance c. Throw for accuracy d. Serving test

6. In AAPHERD Youth Fitness Sit-ups can be done for how many seconds **CO3K2**
a. 30sec b. 40sec c. 50sec d. 60 Sec

Part – B

Answer should not exceed 200 words or one page

2X6=12

7. Briefly explain about Pull ups Test. **CO1K3**
8. Dyer Tennis test **CO3K1**
9. Briefly explain about JCR test **CO2K2**
10. French Short Service Test **CO1K1**

Part – C

Answer the following

Answer should not exceed 1200 words or six page

1X12=12

11. Explain about AAPHERD Youth Fitness Test - with Diagram

CO2K3

12. Enumerate the test items of Johnson basketball skill test with diagram **CO2K4**