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Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India
Continuous Internal Assessment - II (Oct-2025)

III Semester

Class:II BPEd
Branch : Physical Education

Time: 2Hours
Max. Marks : 60

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 test for different sports and games.

CO3 :Apply the tests in minor research areas.

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

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

Part A

6 x 1 = 6

Choose the Correct Answer

1. This is the capacity of an individual to change the direction immediately **CO2K2**
a. Agility b. Speed c. Co-ordination d. Endurance
2. The main purpose of sit and reach test is to measure the **CO3K1**
a. Muscular endurance b. Cardio-vascular endurance c. Flexibility d. Strength
3. Muscular strength 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

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Enumerate US Army Fitness test. **CO3 K1**
(or)
- 7.b. Elucidate miller wall volley test **CO2 K2**
- 8.a. Explain Broer- Miller test **CO3 K2**
(or)
- 8.b. Sai Hockey Test **CO2 K3**
- 9.a.. Explain JCR test **CO2 K2**
(or)
- 9.b. Explain Johnson Motor Educability test **CO2 K4**

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

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|-----|---|--------|
| 10. | a. Explain about AAPHERD Youth Fitness Test - with Diagram
(or) | CO2K3 |
| 10. | b. Enumerate the test items of Johnson basketball skill test with diagram | CO2K4 |
| 11 | a. Give the detail about Indiana Motor Fitness Test
(or) | CO3 K2 |
| 11 | b. Explain in detail about Knox Basketball test | CO2 K3 |
| 12. | a. Explain the Russel Lange Volleyball test
(or) | CO1 K3 |
| 12. | b. Explain any three of the skill tests related to racket sports | CO3 K2 |

Staff Incharge : Dr.P.Vanithamani
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