

M.P.Ed Examination-2016
Semester-I
Physical Education
Course- MPEC-101 (Elective)
(Test, Measurement and Evaluation in Physical Education)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin.

Answer one question from each unit

UNIT-I

1. Define Test, Measurement and Evaluation. What are the interrelationships among Test, Measurement and Evaluation? Discuss the need and importance of test, measurement and evaluation in Physical Education and Sports. 3+4+7=14

OR

“There is a wide scope of application of Test, Measurement and Evaluation in Physical Education and Sports field” – Discuss. What are the principles of evaluation? 8+6=14

UNIT-II

2. What is motor fitness? Describe Indiana Motor Fitness Test. 4+10=14

OR

What is general motor ability? Describe Newton Motor Ability Test. 4+10=14

UNIT-III

3. What do mean by VO₂ max? Describe the procedure and equipment needed for administering Queen’s College Step Test. Calculate VO₂ max for Men and Women when 15 seconds pulse count is 42. 2+8+4=14

OR

Define Health related Physical Fitness. Describe the AAHPERD Health related Physical Fitness Test battery. 2+12=14

P.T.O.

(2)

UNIT-IV

4. What is aerobic and anaerobic capacity? Describe Wingate anaerobic Test and find out different anaerobic measures. 4+10=14

OR

Write the usefulness of anthropometry in Physical Education. State the procedure and instrument used to measure the following anthropometric measurements:

- | | | |
|---------------------------|-------------------------|----------------|
| i) Standing Height | ii) Waist circumference | |
| iii) Subscapular skinfold | iv) Suprailiac skinfold | 4+ (2.5x4) =14 |

UNIT-V

5. Describe in detail the procedure of administering the following Sports Skill tests:
- | | | | |
|-------------------------------------|-----|--------------------------|--------|
| i) Harrison Basketball ability test | and | ii) Harban's Hockey test | 7+7=14 |
|-------------------------------------|-----|--------------------------|--------|

OR

Describe in detail the procedure of administering the following sports skill tests:

- | | | | |
|----------------------------|-----|--|--------|
| i) Miller wall volley test | and | ii) Mor- Christian General Soccer ability test | 7+7=14 |
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