

M.P.Ed. Examination, 2018

Semester-I

Physical Education

Course: MPEC-101

(Tests, 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 and explain their interrelationships. Discuss the need and importance of test, measurement and evaluation in Physical Education and Sports. 3+3+8=14

OR

Validity, reliability, objectivity and norms are the important criteria for a standard test – discuss. 14

UNIT-II

2. What is motor fitness and its components? Describe Newton Motor Ability test in detail. 4+10=14

OR

What is general motor ability? Discuss in detail Barrow Motor Ability test. 2+12=14

UNIT-III

3. What is health related physical fitness and its components? Describe ACSM Health related physical fitness test. 4+10=14

OR

What is VO_2 max? Describe 20 m shuttle run test with prediction of VO_2 max from this test. 2+12=14

UNIT-IV

4. What is Aerobic Capacity? Describe Bruce incremental Treadmill test protocol with prediction equation for obtaining VO_2 max. 2+12=14

OR

What is Anaerobic Capacity? Describe Wingate Anaerobic test and find out the equations for obtaining peak power output and Anaerobic capacity. 2+12=14

UNIT-V

5. Describe in detail the objective, instrument need, test dimension, test administration and scoring principles of the following sports skill test:

(i) Horbon's Hockey test and (ii) Harrison Basketball Ability test 7+7=14

OR

(i) Mor-christian General Soccer Ability test (ii) Millar Wall Volley test 7+7=14