

M. P. Ed 1<sup>st</sup> Semester Examination 2016  
Test Measurement and Evaluation in Physical Education  
MPEC – 101

Full Marks – 70

Time – 3 Hours

*The figures in the margin indicates full Marks.  
The candidates are required to give their answers in their own words as far as practicable.  
Illustrate the answer wherever necessary.*

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|----|---|-------|
| 1. | i) Define Test, Measurement and Evaluation with suitable examples.                                  | 6     |
|    | ii) Explain the importance of evaluation in physical education.                                     | 4     |
|    | iii) Define validity and types of validity.   | 5     |
|    | <b>OR</b>   |       |
|    | i) What is considered as good test?   | 2     |
|    | ii) Explain its different criteria.   | 6     |
|    | iii) What is Grading?   | 2     |
|    | iv) Explain the basis of Grading.   | 5     |
| 2. | i) Write the meaning and definition of Motor Fitness.   | 3     |
|    | ii) Explain the administration procedure of Indiana Motor Fitness Test and Harvard Step Test.       | (6+6) |
|    | <b>OR</b>   |       |
|    | i) What do you mean by Cardiovascular Capacity?   | 3     |
|    | ii) Explain JCR Test and Beep Test.   | (6+6) |
| 3. | i) Define Aerobic and Anaerobic Capacity.   | 4     |
|    | ii) Write down the procedure and scoring method of Bruce Treadmill Test and Wingate Anaerobic Test. | (6+5) |
|    | <b>OR</b>   |       |
|    | i) Write down the methods of measuring standing height and sitting height.                          | 6     |
|    | ii) Explain Margaria Kalamen Test.  | 9     |
| 4. | i) What is Skill Test and explain the importance of Skill Test in Physical Education.               | (2+3) |
|    | ii) Describe Harrison Basketball Test and Dyer Tennis Test.   | (5+5) |
|    | <b>OR</b>   |       |
|    | i) Explain Friendal Field Hockey Test.  | 7.5   |
|    | ii) Explain Russle Lange Volleyball Test.   | 7.5   |
| 5. | Write shorts notes on any two of the following:   | 5 X 2 |
|    | a) Reliability of Test. b) Millar Wall Volley Test c) Assessment of BMI d) Posture Test             |       |