

Course Code	Course Name	Credits
26PE507	Organization, Administration, Measurement and Evaluation	04

Course Objectives

- Introduce the meaning, need, and importance of test, measurement, and evaluation in Physical Education.
- Explain criteria for selecting tests including validity, reliability, objectivity, and norms.
- Understand and administer motor fitness and physical fitness tests.
- Apply anthropometric, aerobic, and anaerobic testing methods in sports assessment.
- Analyse sport-specific skill tests for performance evaluation.
- Evaluate test results for scientific assessment of fitness and sports performance.

Learning Outcomes

Upon successful completion of this course, it is intended that a student will be able to:

- Understand basic concepts of test, measurement, and evaluation.
- Apply appropriate motor and physical fitness tests in practical settings.
- Analyse validity, reliability, and objectivity of different tests.
- Conduct anthropometric and physiological assessments of athletes.
- Evaluate sports skill performance using standardized skill tests.

Unit 1 - Introduction

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms Administrative Considerations.

Unit 2 - Motor Fitness Tests

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) J CR test. Motor Ability; Barrow Motor Ability Test Newton Motor Ability Test Muscular Fitness Kraus Weber Minimum Muscular Fitness Test.

Unit 3 - Physical Fitness Tests

Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger's physical fitness Index. Cardio vascular test; Harvard - step test, 12 minutes run / walk test, Multistage fitness test (Beep test) *

Unit 4 - Anthropometric Tests

Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height. Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac.

Unit 5 - Skill Tests

Specific Spots Skill Test: Badminton: Miller Wall Volley Test. Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: Mor-Christian General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test. Tennis: Dyer Tennis Test.

Reference Books:

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Collins, R.D., and Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (2nd edition) Lanham: Scarecrow Press
3. Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
4. Getchell B (1979) Physical Fitness A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
5. Jenson, Clayne R and Cynt ha, C. Hirst (1980) Measurement in Physical Education and Athletics, New York, Macmillian Publishing Co. Inc ,
6. Kansal D.K. (1996), "Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
7. Krishnamurthy (2007) Evaluation in Physical Education and Sports, New Delhi; Ajay Verma Publication
8. Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics Research
9. Wilmore J H and Costill DL. (2005) Physiology of Sport and Exercise: 3rd Edition.