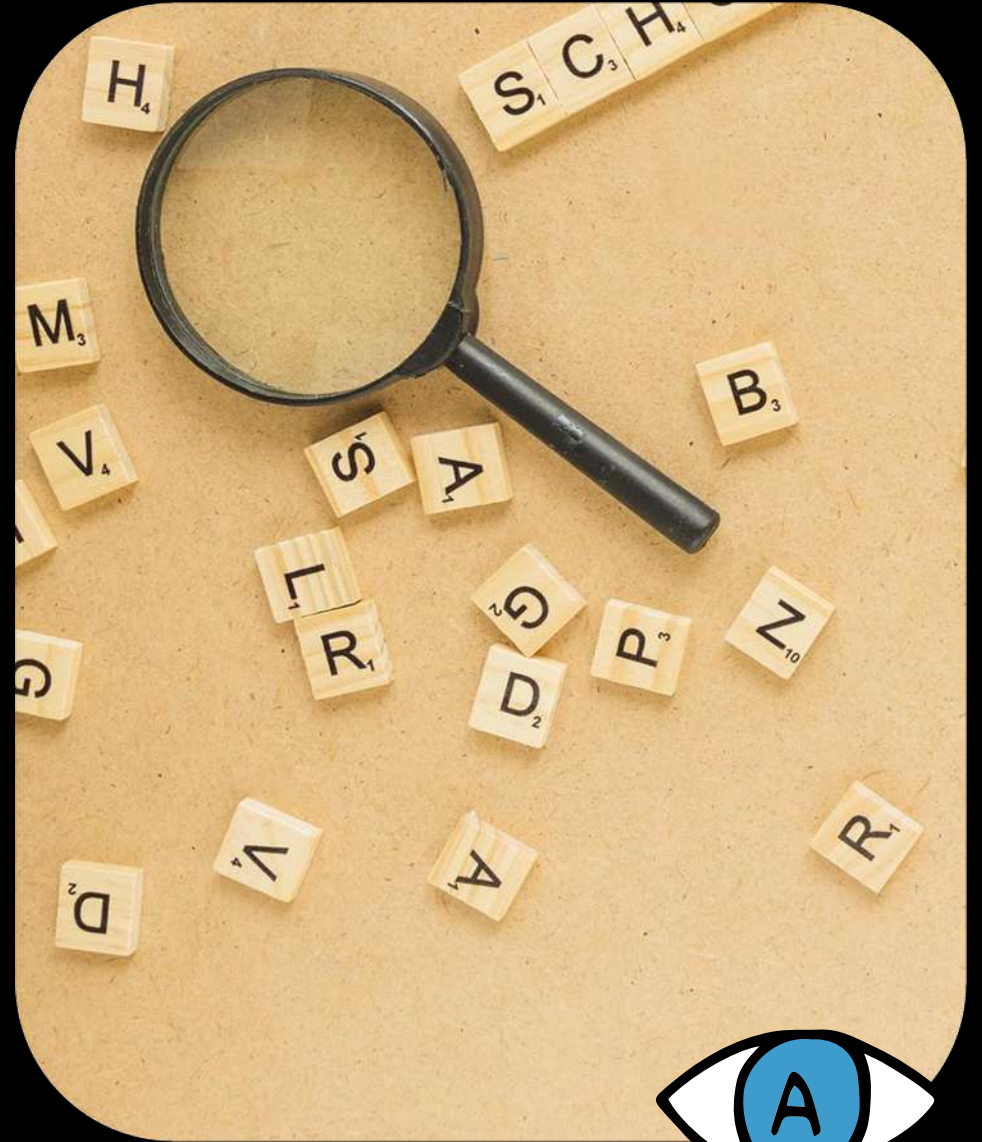
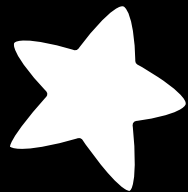




Unit -6

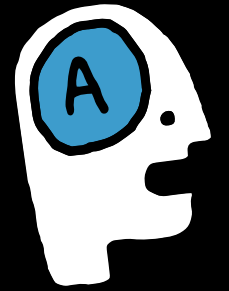
Physical Education



Course on
Test, Measurement
& Evaluation...!!



UNIT CONTENTS :



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**Concept of Test,
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**Classification
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and Sports.**

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**Test
administration
guidelines in
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6.1 Concept of Test, Measurement & Evaluation in Physical Education & sports

Test :

“A test is a tool which is used to **evaluate the skill, knowledge, capitulates or aptitudes** of an individual or a group.”

OR

“A Test is a tool which is used to **evaluate the quality, performance and reliability** of the task completed by a person.”



Measurement :

“Measurement is a **collection of data and information** about certain skill or level of fitness of an individual by using test and relevant techniques.”

OR

“Measurement is about the collection of data **about performance or task** completed by a sports person by using a test.”



Evaluation :

“It is a systematic determination of a **subjects merit, worth and significance**, using criteria governed by a set of standards.”

OR

“It is the process of education that involves collection of data from the products which can be **used for comparison** with the preconceived criteria to make judgement.”



Importance of Test, Measurement and Evaluation in Sports

1. To frame the objectives.
2. To help the **selection of player.**
3. To help the evaluate the learners.
4. To evaluate the teaching programme.
5. To **know the capacities and abilities** of players.



6.2 Classification of Test in Physical Education and Sports :

Classification of Tests :

There are four types of testing in schools today - diagnostic, formative, benchmark, and summative.

1. Diagnostic Testing :

This testing is used to “diagnose” **what a student knows and does not know**. Diagnostic testing typically happens at the start of a new phase of education, like when students will start learning a new unit. The test covers topics students will be taught in the upcoming lessons



Teachers use diagnostic testing information to guide what and how they teach. For example, they will **plan to spend more time on the skills that students struggled with** most on the diagnostic test.

If students did particularly well on a given section, on the other hand, they may cover that content more quickly in class. Students are not expected to have mastered all the information in a diagnostic test.

Diagnostic testing can be a **helpful tool for parents**. The feedback kids receive on these tests lets them know what kind of content they will be focusing on in class and lets them anticipate which skills or areas they may have trouble with.



2. Formative Testing :

This type of testing is used to gauge student **learning during the lesson**.

It is used **throughout a lecture** and designed to give students the opportunity **to demonstrate that they have understood the material**.

Student performance on formative testing tends to get better as a lesson progresses.

Schools normally **do not send home reports on formative testing**, but it is an important part of teaching and learning.

Formative

Help students to learn and practice

When

Throughout the course

Why

Identify gaps and improve learning

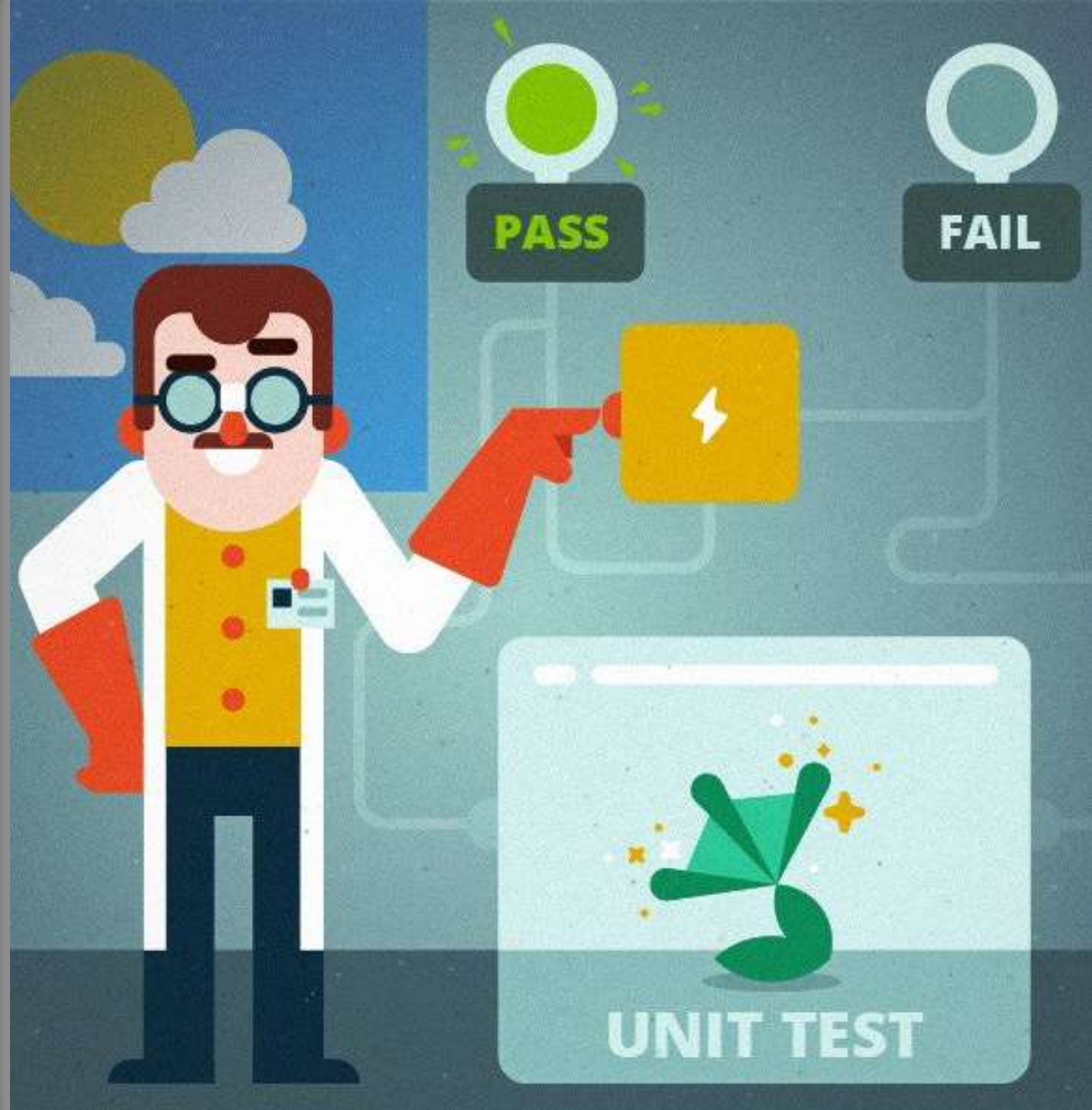
How

Via approaches that support specific student needs

3. Benchmark Testing :

This testing is used to check whether students **have mastered a unit of content**. Benchmark testing is given during or after a classroom focuses on a section of material, and covers either a part or all of the content has been taught up to that time.

The assessments are **designed to let teachers know whether students have understood the material** that's been covered.



4. Summative Testing :

This testing is used as a checkpoint **at the end of the year or course** to assess how much content students learned overall.

This type of testing is similar to benchmark testing, but instead of only covering one unit, it cumulatively **covers everything students have been spending time on throughout the year.**

Since summative tests cover the full range of concepts for a given grade level, they are not able to assess anyone concept deeply. So, the feedback is not nearly as rich or constructive as feedback from a diagnostic or formative test.

Instead, these tests serve as a **final check** that students learned what was expected of them in a given unit.

Summative

Assess student performance

When

At the end of the instructional period

Why

Collect evidence of student knowledge, skill or proficiency

How

Via exit learning products or a cumulative assessment

6.3 Test administration guidelines in physical education and sports :

Physical fitness test administration provides all the necessary information that is required **to create and plan a proper fitness program** for an individual.

It essentially tests five components which are described below :

1. Cardiovascular Endurance :

It is the body's ability to **keep up with exercises like running**, jogging, swimming, cycling, etc.

Various tests that measure the cardiovascular endurance includes Endurance Run/Walk (1 mile), **Harvard Step Test** etc.



2. Muscular Strength :

It is the amount of force put forth by individual's muscles. It measures the **'power'** that helps an individual to lift and carry heavy objects.

It is often measured by how much weight a person can lift. Various tests for muscular strength include doing partial **push-ups, pull-ups, weightlifting** with few repetitions, etc.

3. Muscular Endurance :

It refers to the ability **to perform muscular exercise for longer duration** without getting tired.

It's measuring includes number of sit-ups a person can do correctly, push-ups, pull-ups, etc.



4. Flexibility :

It is the ability to use your joints fully or in other words, it is **the range of movements of joints**.

The Sit and Reach Test, Floor Touch Test, Toe Touch Test, etc. are some of the tests used to measure flexibility.

5. Body Composition :

It is the **percentage of bodyweight**, i.e. fat compared to other body tissue, such as bone, muscle, ligament, etc.

An individual's body composition can be measured using an instrument called calipers, a specialized scale or it can be calculated by **Body Mass Index (BMI)** which uses height and weight, and WHR.

