

Unit I: Introduction to Test and Measurement and Evaluation

Meaning of Test and Measurement in Physical Education

Need and Importance of Test and Measurement in Physical Education

Principles of Test and Measurement

Unit II: Criteria: Classification and Administration of test

Criteria of good Test

Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)

Type and classification of Test

Administration of test, advance preparation Duties during testing Duties after testing.

Unit III: Physical Fitness Tests

AAHPER youth fitness test

Barrow Motor Ability Test

Indiana Motor Fitness Test

JCR test

Johnson Test of Motor Educability

Cozen test of General Athletic ability

SDAT Battery Test

Unit IV: Health related fitness tests

Health related fitness tests

Cardio vascular endurance tests

Muscular endurance tests

Body fat analyzing test

Unit V: Sports Skill Tests

Lockhart and McPherson badminton test

Johnson basketball test

McDonald soccer test

S.A.I Volleyball test

S.A.I Hockey test

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