

Ex/PG/PHE/MPEC-101/2024

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024

(1st Year, 1st Semester)

PAPER : MPEC-101

**(Test, Measurement and Evaluation in
Physical Education)**

Time : Three Hours

Full Marks : 70

GROUP—A

Answer ***any three*** questions.

1. Define Test, Measurement and Evaluation in the light of Physical Education with suitable example. Explain the need and importance of Evaluation in Physical Education.

9+6=15

2. Explain the criteria of a good Test. Explain different types of validity with proper example.

5+10=15

3. What do you mean by anaerobic capacity? Explain the purpose and administration process of Margaria-Kalamen Test.

(i) Calculate Anaerobic Power in Watts from Margaria-Kalamen Power Test- where body weight = 75 kg, height = 1.50 m and time = 0.76 sec.

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[Turn Over]

(2)

(ii) Determine Maximal Oxygen Consumption from the 3-Minute Step Test- where recovery heart rate (H) = 170/min for male. $3+7+3+2=15$

4. What is Cardiovascular Endurance? Explain the purpose and administration process of Cooper's 12 Minutes Run and Walk Test. $3+12=15$

5. What is Motor Fitness? Describe Oregon Motor Fitness Test in detail. $3+12=15$

GROUP—B

Write notes on **any two** of the following : $7.5 \times 2 = 15$

6. Barrow Motor Ability Test

7. Russel Lange Volleyball Test

8. Friendel Field Hockey Test

9. Johnson Basketball Test

GROUP—C

10. Write the correct option (**any ten**) : $1 \times 10 = 10$

(i) Which of the following is **not** a criteria of a good test?

(a) Reliability

(b) Validity

(c) Objectivity

(d) Rating

(5)

(x) "The ease of thoroughness with which one learns new motor skills", is known as

(a) motor quality

(b) motor skill

(c) motor learning

(d) motor educability

(xi) AAHPERD Health Related Physical Fitness Test invented in the year of

(a) 1956

(b) 1965

(c) 1980

(d) 1972

(xii) The father of anthropometry is

(a) Baron Quetelet

(b) Spielberger

(c) Carron

(d) Mertens

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(3)

- (ii) Which of the following items is included in the Russel Lange Volleyball Test?
- (a) Dig pass
 - (b) Serving ability
 - (c) Volleying ability
 - (d) Blocking ability
- (iii) Which of the following items is included in the Brady's Volleyball Test?
- (a) Spiking ability
 - (b) Serving ability
 - (c) Volleying ability
 - (d) Blocking ability
- (iv) JCR test battery is known as
- (a) sports fitness
 - (b) physical fitness
 - (c) motor ability
 - (d) cardiovascular fitness
- (v) For which level, the McDonald Soccer Skill Test is appropriate?
- (a) School
 - (b) Jr. School
 - (c) Sr. School
 - (d) College

(4)

- (vi) Which of the following is **not** an Anaerobic Test?
- (a) Margaria-Kalamen Test
 - (b) Wingate Test
 - (c) The Bruce Treadmill Test Protocol
 - (d) None of the above
- (vii) Which one of the following items is included in the Kraus-Weber Test?
- (a) Lower calf
 - (b) Lower thigh
 - (c) Back and Quadriceps
 - (d) Back and Hamstring
- (viii) Harvard Step Test is developed by
- (a) Lucien Brouha
 - (b) B. E. Philipsß
 - (c) Carl Rogers
 - (d) Kenneth Cooper
- (ix) The test **does not** require distinction between boys and girls while working out with the norms :
- (a) Skill tests
 - (b) Fitness tests
 - (c) Athletics tests
 - (d) Knowledge tests