

**DEPARTMENT OF PHYSICAL EDUCATION**

**DETAILED SYLLABUS FOR PHD COURSE WORK CORE SUBJECT)**

**PHDPHE – 1103A ADVANCE MEASUREMENT & EVALUATION**

**Unit 1**

Meaning of Test, Measurement & Evaluation in Physical Education, Need & Importance of Test, Measurement & Evaluation in Physical Education, Meaning of Reliability, objectivity, validity and availability of norms.

**Unit 2**

Classification of tests Physical Fitness Tests, AAHPER youth fitness test & U.S Army Physical Fitness Test, Tuttle Pulse Ratio Test, Newton Motor Ability Test, Phillips JCR Test, Anthropometric measurement.

**Unit 3**

Meaning of Health Related Fitness, Common methods of Measuring muscular strength, Measuring muscular power, Measuring endurance, Measuring running speed, Measuring agility, Measuring throwing ability, Measuring flexibility, Measuring balance.

**Recommended Books:**

- Measurement for Evaluation in Physical Education and Exercise Science. Author- A. Baumgartner, WCB Publication- Andrews Jackson.
- Measurement and Evaluation of Human Performance by Jackson, Human Kinetics.
- Measurement and Evaluation in Physical Education Sports by Kansal, D.K.