

DOWNLOAD PDF MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION, FITNESS, AND SPORTS

Chapter 1 : Measurement and evaluation in physical education, fitness, and sports (Book,) [blog.quintoapp

Measurement and Evaluation in Physical Education, Fitness and Sports by James S. Bosco (Author).

Meaning and definition of the terms; Test measurement and evaluation. Criteria for a good tests. Test construction procedure in physical education. Test administration and organisation procedure in physical education. History and development of measurement in physical education. Classification in physical education. Fundamentals of measuring techniques and devices in physical education. Evaluation programme in physical education. Grading system in physical education. Rating scale in physical education. Skill tests in sports and games. Essential body measurement or evaluation of healthful life style. Other areas of measurement. Necessity is the mother of invention. In the same way, this book entitled Test Measurement and Evaluation in Physical Education and Sports has been written out of necessity. There is a paucity of literatures available on test, measurement and evaluation, in the field of physical education and sports. As a result, the author took a maiden effort to prepare this book. Test, measurement and evaluation and research are thickly related. Every research programme grounded with rest measurement and evaluation. Three important terms in physical education are test, measurement and evaluation. These three terms may be interdependent and overlapping but they have different meanings. Learning creates measurable changes in students behaviour. Teaching produces their changes and objectives specify them. Test, measurement and evaluation are used by teachers, not only to help produce learning, but also to determine whether learning has occurred.

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Chapter 2 : Measurement for Evaluation in Kinesiology

Get this from a library! Measurement and evaluation in physical education, fitness, and sports. [James S Bosco; William F Gustafson].

Audiences Undergraduate text for measurement and evaluation courses in exercise science, kinesiology, human performance, physical education, or health and fitness; also a reference for professionals in those fields. Morrow regularly teaches courses in measurement and evaluation in human performance. He has authored more than articles and chapters on measurement and evaluation, physical fitness, physical activity, and computer use and has made approximately professional presentations. He has also conducted significant research using the techniques presented in the text. He was the founding coeditor of the *Journal of Physical Activity and Health*. He enjoys playing golf, reading, traveling, and spending time with his grandchildren. Mood, PhD, is a professor emeritus and former associate dean of arts and sciences at the University of Colorado at Boulder. Mood has taught measurement and evaluation, statistics, and research methods courses since and has published extensively in the field, including 47 articles and 6 books. In his leisure time, Mood enjoys reading, officiating summer league swimming meets, traveling, following the activities of his 17 grandchildren, and participating in a variety of physical activities. From to he was master of Richardson College at Rice. From to he was chair of the kinesiology department. Disch has authored numerous articles, chapters, manuals, and texts in the areas of applied measurement, prediction in sport, and applied sport science. Disch has coordinated several workshops and symposia on measurement and evaluation. He was a major contributor to the development of AAHPERD health-related fitness norms in and has worked as a consultant and advisor for Olympic and professional teams. He is also on the local planning committee for the Joe Niekro Foundation Knuckleball. He has published more than 70 refereed journal articles, made 9 book contributions, and presented more than research projects. He teaches courses on data analysis, research methods, meta-analysis, research seminar, and current measurement issues in human performance. He enjoys playing badminton, golf, and tennis. He currently is an associate editor of the *Research Quarterly for Exercise and Sports*, a section editor of *Measurement in Physical Education and Exercise Science*, and a member of the editorial board for those journals. Supplementary Instructional Materials All ancillary materials are free to course adopters and available at www. Includes sample course syllabi and supplemental activities that can be used in the classroom. Includes hundreds of sample test questions for easy class preparation. Instructors may modify tests so that they accurately reflect specific course and classroom needs. Includes 10 questions per chapter to test student retention and comprehension of major ideas in the text. The quizzes are compatible with learning management systems to offer easy grading and record keeping for instructors. Presentation package plus image bank. Includes slides that match concepts and key ideas from the book. Slides can be rearranged or modified to better serve the specific classroom curriculum and can be printed to serve as classroom handouts. The image bank includes all figures, content photos, and tables from the text and can be used in presentations, handouts, and classroom activities to cover specific material from the textbook. Includes 52 interviews with top researchers who offer greater insight into the field. Each video lasts approximately 1 to 2 minutes and features experts such as Steve Blair speaking on epidemiology and textbook author Jim Morrow discussing the value of SPSS and Microsoft Excel in his daily research. This video is the same as the one in the student web study guide, but it is in an easy-to-access list to quickly supplement lectures. Includes chapter outlines, online quizzes, homework problems, activities, and sample data sets to use for practice with Excel and SPSS. The study guide also contains 52 interviews with top researchers who offer greater insight into the field. Each aspect of the web study guide ensures students gain the most knowledge and information from the provided materials.

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Chapter 3 : History of Measurement and Evaluation

Measurement and Evaluation in Physical Education, Fitness, and Sports. Physical Education Physical Fitness Measurement and Evaluation in Physical Education.

Chair stand test for lower body strength 2. Arm curl test for upper body flexibility 3. Back-scratch test for lower body flexibility 5. Six minute walk test for aerobic endurance Measurement: It can also be said that the measurement aids evaluation process In which various tools and techniques are used in the collection of data. To know about the progress Individual centered training program Helps in selection of athletes To study the development of athletes Motivation of an athlete To predict in advance the performance potentials To prepare norms and standards To measure current fitness status To achieve goals and objectives of the activity To conduct research Measurement of Muscular strength-Kraus-weber test: Strength of abdominal plus psoas muscles 2. Strength of abdominal minus psoas muscles 3. Strength of psoas and lower abdominal muscles 4. Strength of upper back muscles 5. Strength of lower back muscles 6. Floor touch test Hans Kraus had devised these tests after Fifteen Years of close study of individual cases. A battery by six tests was prepared. The purpose of the tests was the measure Minimum muscle power necessary for healthy living. Because this is a Minimum Test, one should be able to perform all six parts. The tests are as follows: Lie down on back, legs straight, feet held down, hands behind neck. The examiner holds down the feet and the student rolls to a sitting position. Lie down on back, Knees bent, Feet held down, Hands behind back. Lie on back, hands behind neck. Lift both legs up 8 to 10 inches from floor hold for a count of 10 seconds. Position Lie face down. Place small pillows under hips. Lower body held down, hands behind neck. Lie face down, Place small pillow under hips, Upper body held down, head resting on hands. Lift upper body off floor and hold for a count of 10 seconds. Stand feet together, knees straight. Bend slowly forward and see how close you can come and touch the floor. If you can touch, measure distance from finger to floor. The above tests are considered useful and preferable from the point of view of equipment as well as time. During the years 58 these tests were applied to School Children of classes 5 to 8 in the United States of America. On the basis of this study standard rooms were created. Studies were conducted on College level students in and percentile rooms were created, Similarly Percentile rooms were created on the basis of studies belonging to 50 institutions. New percentile rooms were created again in on the basis of age. This study included boys and girls in the 10 to 17 years age group. Pull Ups Boys is an activity meant only for boys: A doorway gym bar can be used and if no regular equipment is available, a piece of pipe or even rungs of a ladder can serve the purpose. The bar should be high enough so that the pupil can hang with his arms and legs fully extended and feet free from the floor. He should use the overhand grasp. After coming in hanging position, the pupil raises his body by his arms until his claim can be placed over the bar. Then he lowers his body to a full hang as in starting position. The exercises is repeated as many times as possible. Rules i Each Student will be allowed one trial. Record the number of completed Pull Ups. This activity is meant only for girls. A horizontal bar is used. A stop watch is needed is record time. The pupil should use an overhang grasp. With the assistance of two spotters, one in front and one in back of Pupil the Pupil raises her body off the floor to a position where the Chin is above the bar, the elbows are flexed and the Chest is close to the bar. The Pupil holds this position as long as possible. The length of time the subject holds the hanging position will be recorded in seconds. Sit-ups flexed leg Equipment: The Pupil lies on his back with his knees bent, feet on the floor and heels not more than 12 inches from the buttocks. The angle at the knees should be less than 90 degrees. The Pupil puts his hands in the back of his neck with fingers clasped and places his elbows squarely on the mat, floor and turf. His feet are held by his partner to keep them in touch with surface. The Pupil heightens his abdominal muscles and brings his head to knees. This action constitutes one sit up. The number of correctly extended Sit ups performed in 60 seconds shall be the score. Only the Sit ups a pupil is able to do in 60 Seconds are recorded. Shuttle Run Boys and Girls: Two blocks of wood, 2 inches x 2 inches x 4 inches and a stopwatch. Pupils must wear sneakers or run bare footed. Two parallel lines

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are marked on the floor 30 feet apart. The width of a regulation Volleyball Court serves as a suitable area. Place the blocks of wood behind one of the lines. The pupil starts from behind one of the lines. He then runs back and picks up the second block which he carries back across the Starting Line. Allow two trials with some rest between. Record the time of the better of the two trials. Standing Broad Long Jump: Pupil stands with the feet several inches apart and the toes just behind the take off line. Preparatory to jumping, the pupil swings the arms backward and bends the knees. The jump is accomplished by simultaneously getting bending the knees and swinging forward the arms. Record the best of the three trials. Two stop watches or one with a split second times. It is preferable to administer this test to two pupils at a time. The starter will use the commands: Soft-Ball Throw Boys and Girls: Soft Ball 12, Measure Tape. Game is played in a football field on a field of similar size. Lines are drawn at a distance of five yards each. The pupil who throws the ball can throw from a distance of 6 feet. Best of the three throws is counted. A Stop Watch Description: Pupils take their positions at the standing start. The race starts with command words: As many as Six Pupils can participate at a time. Walking is permitted but the object is to cover the distance in shortest possible time. Record in Minutes and Seconds. Brouha constructed a very simple and promising field test for measuring cardiovascular endurance of human beings by using easily available and inexpensive equipment. A stopwatch, inch high bench, metronome or tape recorder optional, stethoscope optional. The tester gives a demonstration of the stepping up style to be followed by the subjects during the test. If the metronome is not available, then the tester should do enough rehearsal of counting the pace up-up-down-down, 30 times a minute. The subject is instructed to repeat the stepping up and down exercise in the above manner for five minutes at the pace of 30 steps per minute. The subject is also asked to take off and step-down with the same foot each time. In case, any subject stops the exercise or slows down the pace of the exercise due to fatigue or exhaustion, his or her duration of exercise performed at the correct pace is noted in seconds and is asked to stop and sit down Exactly one minute after the exercise, the tester starts counting the pulse rate and records the same for the duration from 1 to 1. The pulse of all the 3 half minute counts recorded are added together and a fitness index is calculated by the following formula: Test for absolute flexibility 2.

Chapter 4 : Lacy, Measurement and Evaluation in Physical Education and Exercise Science, 7th Edition | F

The eighth edition of Measurement and Evaluation in Physical Education and Exercise Science, now published in paperback and hardback, offers students a clear and practical guide to best practice for measurement and evaluation in school- and nonschool-based physical activity programs.

Chapter 5 : Measurement and Evaluation in Physical Education and Exercise Science - Alan C. Lacy - Goo

Measurement and Evaluation in Physical Education, Fitness and Sports by William F. Gustafson; James S. Bosco and a great selection of similar Used, New and Collectible Books available now at blog.quintoapp.com

Chapter 6 : Kinesiology/Exercise and Sport Science - Research Methods, Measurement, and Evaluation

The tenth anniversary of "Measurement in Physical Education and Exercise Science" causes one to reflect on the major measurement issues impacting physical education and exercise science in the latter half of the 20th century.