

**DEPARTMENT OF PHYSICAL EDUCATION**  
**MUGBERIA GANGADHAR MAHAVIDYALAYA**  
**DISTRIBUTION OF SYLLABUS**  
**SEMESTER - V**

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
DSE1T		Tests, Measurements and Evaluation in Physical Education	4+2	4-0-4	15	60	75
		Practical					

DSE1T		Tests, Measurements and Evaluation in Physical Education	<b>Total Credits 04 ( 04×15= 60 Classes )</b>				
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**Course Contents**

Unit-I	Introduction	Credit-1	Taken By
1.1	Concept of test, measurement & evaluation.	<b>3 Classes.</b>	<b>Mr. Jisu Krishna Jana (J.K.J)</b>
1.2	Criteria of good test.	<b>4 Classes</b>	
1.3	Principles of evaluation.	<b>4 Classes</b>	
1.4	Importance of Test, Measurement and Evaluation in Physical Education and Sports.	<b>4 Classes</b>	

Unit-II	Measurements of Body Compositions and Somatotype Assessment	Credit-1	Taken By
2.1	Body Mass Index (BMI) - Concept and method of measurement.	<b>3 Classes.</b>	<b>Mrs. Anindita Si (A.SI)</b>
2.2	Body Fat - Concept and method of measurement.	<b>4 Classes</b>	
2.3	Lean Body Mass (LBM) - Concept and method of measurement.	<b>4 Classes</b>	
2.4	Somatotype- Concept and method of measurement.	<b>4 Classes</b>	

Unit-III	Fitness Test	Credit-1	Taken By
3.1	Kraus-Weber Muscular Strength Test	<b>3 Classes.</b>	<b>Dr. Biswajit Garai (Dr. B.G.)</b>
3.2	AAHPER Youth Fitness Test	<b>4 Classes</b>	
3.3	Queens College Step Test	<b>4 Classes</b>	
3.4	Harvard Step Test	<b>4 Classes</b>	

Unit-IV	Sports Skill Test	Credit-1	Taken By
4.1	Lockhart and McPherson Badminton Skill Test	<b>3 Classes.</b>	<b>A.SI</b>
4.2	Johnson Basketball Test Battery	<b>4 Classes</b>	<b>J.K.J</b>
4.3	McDonald Soccer Test	<b>4 Classes</b>	<b>B.G.</b>
4.4	Brady Volleyball Test	<b>4 Classes</b>	

DSE1P	Practical	Credit-2	Total Credits 02
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Taken By			
1.	Assessment of somatotype and Body fat percentage (%)	<b>15 Classes</b>	<b>Mrs. Anindita Si (A.SI), Mr. Jisu Krishna Jana (J.K.J), Dr. Biswajit Garai (Dr. B.G.)</b>
2.	Assessment of AAHPER Youth Fitness Test and Harvard Step Test.	<b>15 Classes</b>	