

Course Name : Bachelor of Physical Education

Year : IInd(Part - 3)

Paper Name : Skill and Prowess

Paper No. B

Lecture No. 27

Topic no. : Part-III(D)

Lecture Title : Minor Games

F.A.Q.

Q1. What do you mean by Minor games ?

A1. Minor games is defined as that the games rules are modified for the convenient of the players and necessity of the needed skills. A minor game is one that is not extremely valued in the society they are in . A minor game for cricket can include practice or scrimmage matches.

Q2. What are the measurement objectives to assess fitness ?

A2. The measurement objective is to assess fitness through test items measuring muscular strength and endurance, cardio respiratory endurance, agility, and speed. The test measure body composition, flexibility, agility, coordination, upper body strength and aerobic endurance.

Q3. What is Physical Fitness ?

A3. Physical fitness is the ability to do daily task with vigour and alertness, without undue fatigue, and with ample energy to engage in leisure pursuit and to meet emergency situation.

Q4. Describe the Administration of the programme ?

A4. The prescribed programme schedule was applied to the experimental group by the research scholar with the help of other physical education teachers who strictly followed the instructions of the research scholar. Subsequently the control group spent their time doing their daily routine.

Q5. What are the Statistical Technique Employed ?

A5. The data pertaining to the physical fitness, physiological and psychological variables of minor game programme children were tested using Analysis of Covariance (ANCOVA). Testing of hypothesis level of significance was set at .05 levels.