



## **GLOSSARY**

<b>Evaluation</b>	: To judge or assess the worth and value of something.
<b>Measurement</b>	: To carefully consider and find out or indicate the size, volume etc. of something.
<b>Motor skill</b>	: A physical activity skill that involves body and mind efforts.
<b>Norms</b>	: The level or standard considered acceptable.
<b>Physical development</b>	: Refers to the growth and development of physical fitness component viz. cardiovascular, strength, endurance, agility.
<b>Reliability</b>	: Refers to consistency of measurement when apply to same condition and situation to the same group.
<b>Social development</b>	: Refers to the adjustability skills of an individual in group setting.
<b>Test</b>	: An examination or assessment to measure a skill or knowledge.
<b>Understanding and knowledge</b>	: Ability to have clear concept on both the practical and theory aspect.
<b>Validity</b>	: Measures what it claims to measure without slightest doubt or conflict.