

Subject: Physical Education

Semester: 4th

Paper No. And Title: (401) Test, Measurement and Evaluation in Physical Education

Lecture No. And Title: 01

SUMMARY

Cooper constructed this test in 1985 to measure purely the Physical Fitness of US Military. This test measures the Aerobic Fitness and the participant try to cover maximum distance by running and walking within 12 minutes. Cooper also develop a prediction equation for estimating the Oxygen consumption from the value of distance cover in 12 minutes run and walk for college man and woman. Teat can be administered on Track and Treadmill. For the administration of test 400 meters Track divided into four equal parts, Flags, Marker Cones, Stopwatch, Score sheet, Clapper, Whistle, Bell (for Special signal before 1 minute for alert). With the some test an Aerobic Fitness of Male and Female of different age and Trained and Non Trained athlete can be measured.