

PHYSICAL EDUCATION

Subject : PHYSICAL EDUCATION
Measurement and Evaluation in Physical Education
Topic Title : Modified Bass Test of Dynamic Balance
Lecture No. & Title : 02

SUMMARY

The purpose of the test is to measure Dynamic Balance of both girls and boys aged 12 years and above. For conducting the test eleven pieces of coloured marking tape, measuring $\frac{3}{4}$ " size are cut and pasted on the floor at starting coloured marking tape as S and 1 to 10. These marking spots are obtained by the proper measurement of 30" and 15" distance. Total 100 points, 10 points for each piece. The findings of the results will be comparing with the prescribed norms for further interpretation.