

PHYSICAL EDUCATION

Subject : PHYSICAL EDUCATION
Paper : Measurement and Evaluation in Physical Education
Topic : National Physical Efficiency Test

INTRODUCTION

National Physical Efficiency Test is the outcome of National Physical Efficiency Drive initiated by the Central Education Ministry in the year 1959-60. This Test was especially designed for Indian people of all age level and both sexes. The National Physical Efficiency Drive was aimed to measure power-strength, speed, flexibility, agility, coordination and endurance of Indian people.

TEST BATTERIES:

BATTERY-“A”: Battery-“A” contains five Tracks and Field items. They are as follows-

- I. 100 meters Run
- II. 800 Meters Run
- III. High Jump
- IV. Shot Put
- V. Long Jump

Battery-“B” contains five items. They are as follows-

- I. 100 Meters Run
- II. 200 Meters Run
- III. High Jump or Dand -Baithak
- IV. Long Jump
- V. Shot Put or cricket ball throw

This test is divided into four age group categories for men and three age group categories for women enlisted below in the Table

Age Group Categories of NPET Batteries.

TEST BATTERIES	
A	B
MEN	WOMEN
Battery I : up to 17 years	Battery I : up to 15 years
Battery II : 18 years to 34 years	Battery II : 16 years to 30 years
Battery III : 35 years to 44 years	Battery III : 31 years and above
Battery IV : 45 years and above	

Purpose of the Test:

1. To develop interest towards physical activities.
2. To develop awareness in physical activities.

Objective:

1. To improve basic physical fitness of Indian people belonging to all age levels and both sexes.

TEST ADMINISTRATION

EQUIPMENTS:

1. Track and Field Arena
2. Clapper
3. Stopwatch

4. Measuring tape
5. High jump apparatus
6. Shot
7. Marking powder etc.

TEST ADMINISTRATION: TEST will be conducted in the following sequence in two consecutive days.

MEN

DAY -1

1. 100 meter run
2. Long Jump
3. Shot Put

DAY-2

1. High Jump
2. 800 meter run

DAY 1

1. 100 meter run
2. Long Jump
3. Shot Put

DAY 2

1. High Jump
2. 200 meter run

(i) 100 Meter Run (Men and Women)

Equipment: - Stopwatch, Track etc.

Test Administration: The subject is asked to take bunch start. At the signal Set and Go! The subject starts running the 100 meter distance and the subject is to cover the distance in the shortest period of time.

Scoring: The time is taken to run 100 meters recorded in seconds and second is the score of this test.

(ii) 200 Meter Run (Women)

Equipment: - Stopwatch, Track marking area etc.

Test Administration: The subject is asked to take bunch start. At the signal Set and Go! The subject starts running the 200 meter distance and the subject is to cover the distance in the shortest period of time.

Scoring: The time is taken to run 200 meters recorded in seconds and second is the score of this test.

(ii) 800 Meter Run (Men)

Equipment: - Stopwatch, Track etc.

Test Administration: The subject is asked to take standing start. At the signal Ready and Go!, The subject starts running the 800 meter distance and the subject is to cover the distance in the shortest period of time.

Scoring: The time is taken to run 200 meters recorded in seconds and second is the score of this test.

(iii) Long Jump (Men and Women)

Equipment: - Measuring Tape, Track, and Long Jump Pit etc.

Test Administration: The subject is asked to take starting position. At the signal Ready and Go!, The subject starts running towards the jumping pit and without touching the take-off board with the help of dominant leg try to cover maximum horizontal distance.

Scoring: The distance is covered is recorded in meters. The score is the best of three trials.

(IV) High Jump (Men and Women)

Equipment: - Measuring Tape, Track, and Long Jump Pit etc.

Test Administration: The subject is asked to take starting position. At the signal Ready and Go!, The subject starts running towards the high jump pit and without disturbing the high jump crossbar, he/she has to clear the vertical height. To clear each height, the subject gets three chances. After each clearance the next height is to be set up.

Scoring: The maximum cleared height is recorded in meters and it is to be considered as the score is the test.

TABLE-1

**Grading score for physical fitness based on National Physical efficiency Test Battery “A”
for Boys and “B” for Girls**

S.N	TEST ITEMS	Performance Scores of Test Battery A-I (Boys up to 17 years)									
I	Boys	1	2	3	4	5	6	7	8	9	10
(i)	100 M (sec)	16.0	15.5	15.0	14.5	14.0	13.5	13.0	12.5	12.0	11.5
(ii)	800 M (sec)	175	170	165	160	155	150	145	140	135	130
(iii)	Long Jump (M)	2.80	3.10	3.40	3.70	4.00	4.30	4.60	4.90	5.20	5.50
(iv)	High Jump (M)	0.80	0.90	1.00	1.10	1.20	1.30	1.40	1.50	1.60	1.70
(v)	Shot Put (M)	5.50	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00
S.N	TEST ITEMS	Performance Scores of Test Battery B-I (Girls up to 15 years)									
II	Girls	1	2	3	4	5	6	7	8	9	10
(i)	100 M(sec)	18.0	17.5	17.0	16.5	16.0	15.5	15.0	14.5	14.0	13.5
(ii)	800 M(sec)	42.0	40.0	38.0	36.0	34.0	32.0	30.0	28.0	26.0	24.0
(iii)	Long Jump (M)	3.20	3.40	3.60	3.80	4.00	4.20	4.40	4.60	4.80	5.00
(iv)	High Jump (M)	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50
(v)	Shot Put (M)	4.00	4.50	5.00	5.50	6.00	6.50	7.00	7.50	8.00	8.50