

PHYSICAL EDUCATION

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

Summary

National Physical Efficiency Test is the outcome of National Physical Efficiency Drive. The National Physical Efficiency Drive was formally introduced by the Central Education Ministry in the year 1959-60. The purpose of the test is to develop general interest and awareness towards physical activities and to improve basic physical fitness of Indian people belonging to all age levels as well as both sexes. This test comprises two test batteries- Battery "A" and Battery "B". **Battery -A** consist of five test items namely 100 meters run, 800 meters run, long jump, high jump and shot put. **Battery -B** also consist of five test items namely 100 meters run, 200 meters run, long jump, high jump or dand-baithaks, shot put or cricket ball throw. This test is divided into four age group categories for men and three age group categories for women.