

PHYSICAL EDUCATION

Subject : PHYSICAL EDUCATION
Year : 4th Semester
Paper No. & Title : CC-401
Measurement and Evaluation in Physical Education
Topic Title : Barrow Motor Ability Test
Lecture No. & Title : 02
Barrow Motor Ability Test

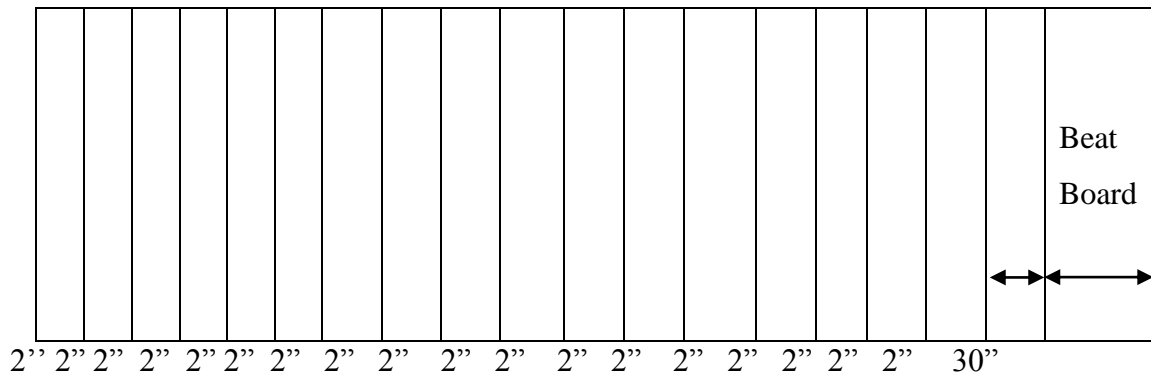
TEST ADMINISTRATION

Test 1: Standing Broad Jump

Purpose: To measure explosive leg strength of the subjects.

Equipments: Measuring tape, tumbling mats for use on hard surface or jumping for outdoor use, marking tape.

Test Area:



Instructions: The student assumes a starting (semi-crouched) position behind the take-off line with feet approximately shoulder-width apart. When ready, the students take off on two feet and jumps as far as possible.

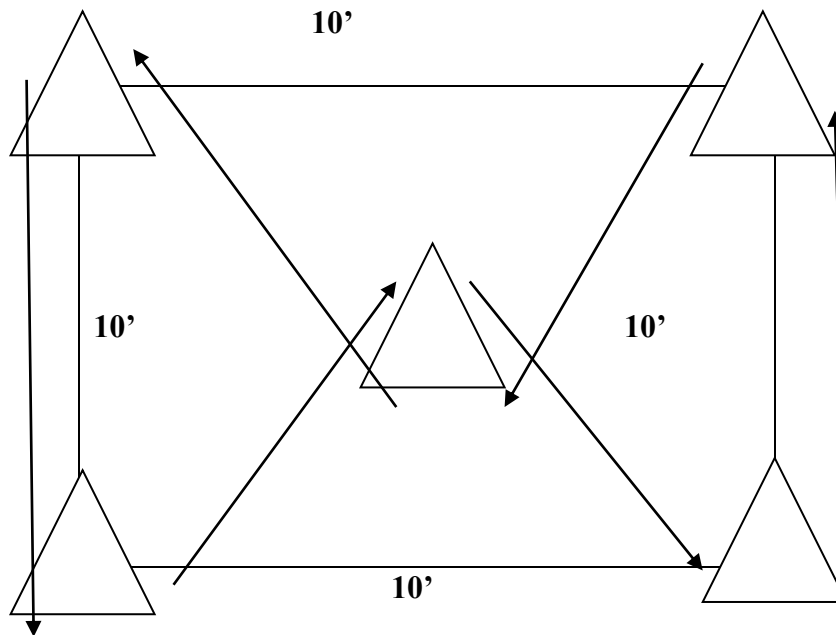
Scoring: The distance jumped on the best of the three trials is recorded to the nearest inch.

Test 2: Zigzag Run

Purpose: To measure agility and speed of the subjects.

Equipments: Stopwatch, five standards or boundary cones and marking tape.

Test Area:



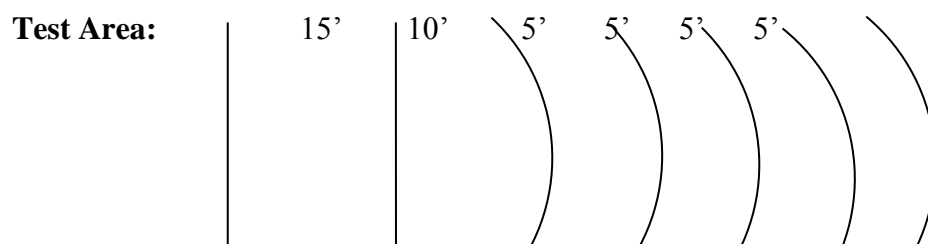
Instructions: The student assumes a standing position at the starting line. On the command "Go," the student moves as fast as possible in a figure eight manner through the prescribed course three times. Students are instructed not to touch the standards or cones.

Scoring: The elapsed time between the signal to go and the moment the student crosses the finish line for the third time is recorded in seconds to the nearest tenth.

Test 3: Medicine Ball Put

Purpose: To measure explosive arm and shoulder strength of the subjects.

Equipments: Several six-pound medicine balls, marking tape and a cloth measuring tape.





Instructions: The student stands between two restraining lines 15 feet apart. Using shot-put form, and staying within the restraining lines, the student propels the six-pound medicine ball as far as possible straight down the line. If the student steps over the line, the score for the trial is not counted. The student must however, complete at least one successful put. Three successive trials are given.

Scoring: The best score of the successful trials is recorded to the nearest foot.

Norms of three item Barrow Motor Ability Test for College Mean (17-20 years)

SBJ(Inches)	Zig-Zag Run Time (sec.)	Medicine Ball Put (Feet)	T-Score
Up to 68	29.5 and more	Up to 22	20
69-72	29.4-28.7	23-25	25
73-76	28.6-27.9	26-28	30
77-80	27.8-27.2	29-31	35
81-84	27.1-26.4	32-34	40
85-88	26.3-25.6	35-38	45
89-92	25.5-24.8	39-41	50
93-96	24.7-24.0	42-44	55
97-100	23.9-23.2	45-47	60
101-104	23.1-22.5	48-51	65
105-108	22.4-21.7	52-54	70
109-112	21.6-20.9	55-57	75
113 and above	20.8 or less	58 and more	80