

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

SUMMARY

The purpose of the Barrow Motor Ability Test is to measure motor ability of school boys and college men. The battery consist of three items i.e. standing broad jump to measure explosive leg strength, zig-zag run to measure agility and speed, and medicine ball put to measure explosive arm and shoulder strength. The findings of the results will be comparing with the prescribed norms for further interpretation.