



BHARATHIDASAN UNIVERSITY
Tiruchirappall-620024
Tamil Nadu-India

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UNIT – V SPORTS SKILL TESTS

DR A. MAHABOOBJAN

PROFESSOR

DEPT OF PHYSICAL EDUCATIO &YOGA

Dr. P. PREMNATH

GUEST LECTURER

DEPT OF PHYSICA LEDCATION&YOGA

Lockhart and Mc person badminton test

- The **Lockhart and McPherson Badminton Test** (often referred to simply as the **Lockhart-McPherson Test**) is a well-known test used to assess **badminton skill levels**. It was developed by British sports scientists to measure a player's technical skills and overall performance in badminton. The test typically includes a series of drills and exercises designed to evaluate:
 - 1. Footwork and Agility:** Assessing how well a player can move quickly and efficiently around the court.
 - 2. Stroke Technique:** Evaluating a player's ability to execute proper badminton strokes (such as clears, smashes, drops, and drives).
 - 3. Consistency:** Measuring how consistently a player can perform the required shots under controlled conditions.
 - 4. Accuracy and Control:** Testing a player's ability to place shots in specific areas of the court, such as the corners or the backcourt.

- **Key Components of the Test:**
- **Footwork exercises:** These often simulate the movement patterns required in real games, such as moving to the back, front, and side of the court quickly.
- **Stroke drills:** The player performs a series of shots aimed at targets or while responding to a coach's feeds, with a focus on shot placement and variety (like forehand and backhand clears, drives, and smashes).
- **Endurance tests:** The test may also involve repetitive shuttle hitting or timed challenges to gauge cardiovascular endurance and the player's stamina.
- The **Lockhart and McPherson Badminton Test** is often used by coaches and trainers to assess the **developmental progress** of players, identify specific areas for improvement, and help players set benchmarks for future performance.

Johnson basketball ability test

- The **Johnson Basketball Ability Test (JBAT)** is a widely recognized physical and skill assessment tool designed to measure the basketball abilities of players. It was developed by Dr. Jack Johnson, a basketball coach and expert in sports science. The test is often used by coaches, trainers, and teams to evaluate various aspects of a player's performance.
- The JBAT typically includes the following components:
 - 1.Sprinting Drills:** These tests measure a player's speed and agility, often through timed sprints or shuttle runs to assess quickness and endurance.

- **Dribbling Skills:** Dribbling drills evaluate ball-handling ability, including control, speed, and maneuverability under pressure.
- **Passing Accuracy:** This segment tests a player's ability to make accurate passes, assessing both basic and advanced passing techniques.
- **Shooting Accuracy:** Players are asked to take shots from various distances to test their shooting mechanics, form, and consistency.
- **Defensive Skills:** Tests might include measures of lateral movement, reaction time, and the ability to guard an opponent effectively.
- **Vertical Jump:** This tests a player's leaping ability, which is crucial for both offense (e.g., dunking) and defense (e.g., blocking shots).

1.Endurance: Some versions of the test include physical endurance components, such as running or conditioning exercises, to assess overall stamina and fitness levels.

- The JBAT is intended to help coaches identify strengths and areas of improvement for individual players. It also provides a standardized method to track improvement over time, as players retake the test periodically to monitor their development.

Mc Donald soccer test

- The **McDonald Soccer Test** is a physical fitness assessment designed to evaluate the agility, speed, and endurance of soccer players. It is often used by coaches and fitness experts to help assess the performance and fitness levels of athletes, specifically in soccer.
- **Key Components:**
 - 1. Agility Test:** This part of the test evaluates the player's ability to change direction quickly while maintaining speed. It typically involves running through cones set up in a specific pattern, requiring quick turns and changes in direction.
 - 2. Speed Test:** The speed component is usually measured over a short distance, such as 20 meters or 30 meters, to gauge the player's top sprinting ability.
 - 3. Endurance Test:** Soccer players need high levels of cardiovascular endurance, and this part of the test might involve running multiple laps or a shuttle run to assess stamina and the ability to sustain high-intensity efforts over time.

- The McDonald Soccer Test is particularly focused on evaluating the physical attributes that are essential for performance in soccer, such as:
 - Speed
 - Acceleration
 - Agility
 - Endurance
- It is often used as part of training sessions or tryouts to assess players' fitness levels and help tailor training programs accordingly.

Brady volleyball test

- The "Brady volleyball test" is a commonly used term in volleyball training, but it can refer to different tests depending on the context, as the term is not standardized across the sport. However, it often refers to a **fitness or performance test** that is designed to evaluate a player's **endurance, agility, and volleyball-specific skills**.
- In some cases, the Brady test could include a variety of drills and exercises to assess:

- 1. Agility:** Quick lateral movements and changes of direction.
 - 2. Endurance:** Long-duration rallies or running exercises to test cardiovascular fitness.
 - 3. Reaction Time:** How quickly a player can react to balls coming from different directions.
 - 4. Strength:** To test a player's ability to maintain power throughout a match.
- It's also possible that the "Brady volleyball test" might refer to a **drill developed by a coach or trainer** named Brady. If this is the case, the specifics of the test would depend on the trainer's individual design, as many performance tests are developed by coaches with their own methodologies.

SAI volleyball test

- **Skill-Based Assessments**
- These tests focus on the technical aspects of volleyball play:
- **Passing (Bumping):** Players are asked to pass the ball using the forearms to a target or teammate to assess their passing accuracy.
- **Serving:** This test evaluates both accuracy and power. Players might be asked to serve to specific zones on the court.
- **Setting:** A setting test involves a player delivering accurate, controlled sets to a target or teammate.
- **Spiking:** Players are asked to jump and hit the ball with power and accuracy, often targeting specific zones on the opposite court.
- **Blocking:** This test evaluates a player's ability to read the hitter and block the ball effectively at the net.

- **Focus and Decision Making:** Evaluates how well a player makes quick decisions, such as when to attack or pass. Players may be given drills or simulated situations where they must react appropriately.
- **Teamwork and Communication:** Volleyball is a team sport, so a player's ability to communicate and work with teammates is critical.

Dyer tennis test

- **Test description**

- The player stands behind a starting line and hits a tennis ball against a backboard with a tennis racket. The player must hit the ball above a 3 ft. net line on the wall and rally for 30 seconds. The player's score is the number of legal hits they make.

- **Test history**

- The test was first reported in 1935 by Dyer, and was revised slightly in 1938.

- **Test limitations**

- Some studies have found that the Dyer Test doesn't discriminate well between beginners and advanced players.

- **Test revisions**

- Hewitt revised the Dyer Test by adding a 20 ft. restraining line and having the player use ground strokes behind the line.
- Tennis fitness testing also includes assessments of: Mobility and flexibility, Coordination, Agility, and Speed.