



UNIVERSITI TEKNOLOGI MARA

SED611: TESTING AND EVALUATION IN PHYSICAL AND HEALTH EDUCATION

Course Name (English)	TESTING AND EVALUATION IN PHYSICAL AND HEALTH EDUCATION APPROVED
Course Code	SED611
MQF Credit	3
Course Description	This course is designed to introduce students to a range of field or laboratory based physical fitness testing procedures. On completion of this course, students will gain an awareness of safety procedures in exercise testing and will be able to competently perform basic physiological monitoring procedures in exercise testing. The students will also possess knowledge and skills related to the assessment of a range of testing procedures.
Transferable Skills	At the end of the course students are able to conduct comprehensive health-related and skill-related fitness tests and use the correct statistics and interpret data effectively.
Teaching Methodologies	Lectures, Lab Work, Demonstrations, Practical Classes, Discussion, Presentation
CLO	CLO1 Discuss the components of physical fitness and the tests for each component. CLO2 Demonstrate a solid foundation in measurement and evaluation in physical performance. CLO3 Use the correct statistics and interpret the data effectively and ethically.
Pre-Requisite Courses	No course recommendations
Topics	
1. Orientation to measurement, evaluation, assessment, and statistics 1.1) Reasons for measurement, evaluation and assessment by Physical Educator	
2. Describing and presenting a distribution of scores 2.1) • Statistical terms 2.2) • Scales of Measurement 2.3) • Measures of central tendency and variability 2.4) • Descriptive statistics	
3. Investigating the relationship between scores 3.1) • Correlation 3.2) • Regression 3.3) • Prediction	
4. Investigating the difference in scores 4.1) • Dependent and independent variables 4.2) • t-Test	
5. Criteria of A Good Test 5.1) • Criterion-References Measurement 5.2) • Norm-References Measurement 5.3) • Validity 5.4) • Reliability	
6. Construction and Administration of Psychomotor Tests 6.1) • Test construction guidelines 6.2) • Test administration responsibilities 6.3) • Types of psychomotor tests	

7. Assessing and Grading the Students

7.1) • Reasons for measuring:

7.2) a. Health-related fitness

7.3) b. Skill-related fitness

7.4) c. Sports skills

7.5) • Guidelines for administration

7.6) • Responsibilities after measurement

8. Body Composition

8.1) n/a

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Final Test	Final written test	30%	CLO1
	Practical	Administer SEGAK	30%	CLO2
	Practical	To conduct a comprehensive administration of selected health-related & skill-related fitness tests	40%	CLO3

Reading List	Recommended Text	<ul style="list-style-type: none"> David C. Nieman 2007, <i>Exercise Testing & Prescription</i>, 6 Ed., , Appalachian State University [ISBN:] Adams G, William, C. B. 2011,), <i>Exercise Physiology Laboratory Manual</i>, 6 Ed., , California State U-Fullerton [ISBN:]
	Reference Book Resources	<ul style="list-style-type: none"> Miller, D. K., <i>!!!Book Not Found</i>, 6th Ed. [ISBN: 9780073376554]

Article/Paper List	This Course does not have any article/paper resources
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Other References	This Course does not have any other resources
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