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What is motor ability test class 11

The Barrow General Motor Ability Test was designed by Dr. Harold Marion Barrow in 1954 to assess the general motor fitness of high school boys and college men. The test consists of two batteries, each with a specific purpose. Battery 1, consisting of six items, measures overall motor ability, while battery 2, with three items, evaluates speed and agility. Battery 2 was chosen for its shorter duration, as it showed stronger correlations between the three-item test and the longer 29-item test. The Standing Broad Jump assesses explosive leg strength by having subjects jump horizontally as far as possible. The equipment required includes a flat surface, measuring tape, and lime powder. During the test, subjects stand behind a take-off line, bend their knees, swing their arms forward, and jump as far as possible without falling backwards. The distance is measured from the back of the heel to the take-off line. The longest distance jumped in three attempts is considered the score, measured in feet and inches. The Zig-Zag Run evaluates agility and speed by having subjects complete a zig-zag path as fast as possible. The equipment required includes a stopwatch, cones, and a flat field marked with 16 x 10 feet area. During the test, subjects must start running from the "Go" signal, avoid touching the cones, and stop at the finish cone. The time taken to complete three circuits of the zig-zag pathway is recorded in seconds. The Six-Pound Medicine Ball Put assesses the subject's strength and endurance by having them throw a medicine ball as far as possible. Medicine Ball Put Test: Evaluating Arm and Shoulder Girdle Strength and Power Objective: To assess arm and shoulder girdle strength, power, agility, speed, balance, and coordination by throwing a medicine ball as far as possible. Equipment Needed: * Flat and clean field with a marking space of approximately 90 x 20 feet * Two restraining parallel lines 15 feet apart * 6-pound medicine ball * Measuring tape Pre-Test Instructions: 1. The medicine ball is not to be thrown but to be placed by the subject. 2. The subject must stand between the two restraining lines and place the ball straight down the course. 3. The subject will have three attempts to throw the ball, with a foul count reset after each attempt. 4. If there are three continuous fouls, the subject will be asked to re-attempt until a fair put. Test Administration: 1. The subject stands between two restraining lines. 2. The subject attempts a proper medicine ball put as far as possible without stepping on or over the restraining line. 3. The subject holds the ball at their neck and shoulder and thrusts it away from their body at an angle of approximately 45 degrees using one hand. Scoring: The maximum distance out of three trials will be the final score, rounded to the nearest foot. Norms: The test scores are as follows: | Score Range | T-Score | | --- | --- | | Upto 68 | 29.5 | | Upto 22 | 20 | | 69-72 | 29.4-28.7 | | 73-76 | 23-25 | | 77-80 | 26-28 | | 81-84 | 27.1-26.4 | | 85-88 | 26.3-25.6 | | 89-92 | 25.5-24.8 | | 93-96 | 24.7-24.0 | | 97-100 | 23.9-23.2 | | 101-104 | 23.1-22.5 | | 105-108 | 22.4-21.1 | | 109 and above | 20.8 or less | References: * Kansal, D.K. (2018). Test, Evaluation, Accreditation, Measurements and Standards: General Motor Ability Testing. * Wasuja, M., Kumar, R., Pramanik, T.N., Kumar, A., Mehta, V., Mohammad, A., Das, A., Dubey, B.K., Bhatt, S.D., & Kaush, R. (2020). Physical Education Class XII: Test and Measurement in Sports. * Russell, K.J.(1967). A Follow-Up of the Barrow Motor Ability Test of Freshmen Students in Basic Physical Education Classes at Kansas State University During 1966-67. * Sharma, R., Nathial, M.S. (2016). A Comparative Study of the Components of Motor Fitness in Male Kabaddi and Kho-Kho Players. The Barrow Motor Ability Test was developed by Dr. Harold M. Barrow in 1954 to assess motor fitness in schoolboys and college male students. The test consists of two batteries: one with six items and the other with three items, both designed to measure various aspects of motor ability such as strength, endurance, agility, flexibility, and coordination. The first battery, containing six items, measures power, agility, strength, and coordination, while the second battery assesses speed. The test is administered by having participants perform specific tasks, including standing broad jump, zig-zag run, medicine ball put, softball throw, wall pass, and 60-yard dash. Scoring is based on the distance between the starting line and the participant's landing point. The test has been correlated with high accuracy, with a correlation coefficient of 0.95 for the six-item battery and 0.92 for the three-item battery. The test is designed to be convenient and can be performed indoors. The subject must begin by executing the "start start" command. Upon receiving the signal to go, the individual should run as fast as possible for three laps while avoiding contact with obstacles. If a foul occurs during the race, the entire attempt will be restarted. Once the instruction is given to proceed, the participant embarks on the zigzag run. The stopwatch starts at this moment. As soon as the runner crosses the endpoint after completing all three rounds, the timer is halted. The time taken to complete the course over the three rounds serves as the final score, which is evaluated in conjunction with local demographic parameters if necessary. In case there are no available criteria, a comparative ranking of the test-taker may be assigned. According to established norms, a minimum time of 17.5 seconds should be achieved; if this timeframe or longer is reached, the subject earns 100 points. A medicine ball weighing six pounds is utilized in this assessment to gauge shoulder stability and arm strength. The test also assesses agility, coordination between the arm and shoulder, balance, and speed as supplementary criteria. For the procedure, a marking tape or chalk powder can be employed to define the throwing lines. A subject's performance will only be evaluated on three trials; any foul plays counted towards these attempts. Prior to the initiation of the exercise, detailed instructions are provided. It is critical to grasp that the medicine ball must be put into place rather than thrown. The maximum distance covered by a subject out of their three trials is used as the final score. This result is scored using established norms. The AAHPER youth fitness test, established in 1965 and revised in 1976, includes dance as an added component, now known as AAHPERD. This test is administered to 17-year-old school students who are required to warm up beforehand and be medically fit. The test comprises six items: Pull-Ups for boys, Flexed Arm Flange for girls, Standing Broad Jump, Partial Curl-up, Agility - 4 × 10 m shuttle Run, 50 m standing start, and 600 m Run/walk. The Pull-Ups test measures arm and shoulder strength by having the boy raise his body until his chin reaches the bar level, with one score awarded for each pull-up. In contrast, the Flexed Arm Flange test for girls measures arm and shoulder strength by having the girl hold the bar with an overhand grasp and lift her body up until her chin reaches the bar level, with the time held as her score. The Standing Broad Jump tests explosive leg strength, where the subject jumps from a take-off line and the distance is measured to the nearest point of contact. The Partial Curl-up test measures abdominal muscle strength by having the subject curl up from a lying position with knees flexed until their shoulders come off the mat two inches, then back down again, with only correctly performed curl-ups counted. The Shuttle Run tests speed and agility by having the student run towards wooden blocks, pick one up, and return to the starting point, with the goal of measuring quickness and agility. Each test has specific procedures and scoring methods to assess various aspects of physical fitness in students. The tests involve various physical assessments to measure different aspects of an individual's fitness. They include the 50m Run, 600m Walk/Run, Sit and Reach test, and Barrow’s Three-items General Motor Ability Test, which evaluate speed, cardiovascular ability, flexibility, and general motor fitness respectively. For each test, specific procedures are followed. In the 50m Run, the participant sprints from a stationary position over 50 meters, while in the 600m Walk/Run, they cover a distance of 600 meters with the option to walk in between. The Sit and Reach test measures flexibility by having the individual reach forward along a measuring line as far as possible. Barrow’s Three-items General Motor Ability Test assesses general motor fitness through three items: standing broad jump, zig-zag run, and medicine ball put. Each test has its own scoring system, with times recorded in seconds for running events and distances measured to the nearest centimeter or half inch for flexibility. The tests are designed to evaluate different components of physical fitness essential for competing at top levels. The subject stands behind the take-off line with feet apart, then swings arms and bends knees to jump into the long jump pit for three trials. The distance from the take-off line to the nearest touching point is measured, with the best jump recorded. The Zig-Zag Run measures speed and agility using a 16 × 10 feet course with five obstacles. The subject runs three complete circuits as quickly as possible without gasping, with the time recorded to the nearest tenth of a second. Medicine Ball Put tests arm and shoulder strength by standing between two restraining lines and putting the medicine ball out as far as possible without crossing the line. Three trials are given, with the best score recorded. Measurement of Cardiovascular Fitness is essential for sustaining physical activity and performing aerobic activities. It involves the heart's ability to supply oxygen and the muscles' use of oxygen to produce energy. The Harvard Step Test monitors an athlete's cardiovascular system development. The test requires stepping up and down off a 45 cm high gym bench for 5 minutes at 30 steps/minute, with the assistant starting the stopwatch when given the command "Go". • Athlete performs 150 steps down-down onto a standard gym bench every two seconds for five minutes. The test stops after 5 minutes, with heart rate measurements taken one minute, two minutes, and three minutes after completion. 1. The final arm curl test for upper body strength is conducted after a set time has elapsed, with the number of curls counted as part of the total. **20** **21**. For this test, women are asked to hold a 5-pound weight and men are asked to hold an 8-pound weight. It's crucial that we use the correct weights for each group to ensure the accuracy of the test. Procedure: A test assistant will instruct the subject to begin the curling motion, timing them for 30 seconds using a stopwatch or watch with a second hand. The subject must perform as many curls as possible within this time frame while maintaining control and not swinging the weight. If the subject raises the weight again after halfway up during the allotted time, that curl will be counted. Scoring: The score is determined by the total number of controlled arm curls performed in 30 seconds. 2. For the chair sit and reach test for lower body flexibility, participants are required to sit on the edge of a straight-back chair with one foot flat on the floor and the other leg extended forward. They must then place their hands together and inhale before reaching forward towards their toes by bending at the hip. The distance between the tips of their fingertips and toes will be measured, with a score of zero if they touch, a negative score if they don't, or a positive score depending on how much they overlap. 3. The back scratch test for upper body flexibility measures the range of motion in the shoulders by having participants stand in a standing position. They must keep one hand behind their head and back over their shoulder, reaching as far down as possible with their palm facing the body. Then, they must carry the other arm behind their back with their fingers upwards, trying to touch or overlap the middle fingers of both hands. The distance between the tips of the fingertips will be measured, with a score of zero if they touch, a negative score if they don't, or a positive score depending on how much they overlap. The Agility Test assesses speed, agility, and balance while moving through various movements. Participants use the following equipment: * A chair with a straight back (approximately 44 cm high) * A stopwatch * Cones for marking the course * A measuring tape * An obstacle-free area During the test, participants follow these steps: 1. They sit next to a wall and stand up from an 8-foot distance away. 2. When given the command "Go," they walk as quickly as possible around the marked cone course without running and return to their seated position at the chair. 3. The participant completes two trials, with the clock starting when they sit back down. The Six Minute Walk test evaluates aerobic endurance in senior citizens. Participants need: * A measuring tape for marking out distances * A stopwatch * Chairs positioned for resting Here's how to take this test: 1. Set up a walking course consisting of a 50-yard rectangular area with cones at regular intervals. 2. The goal is to walk as quickly as possible over six minutes, covering the maximum distance achievable. 3. Participants can set their own pace and pause for rest if needed.

Motor ability test meaning. Explain the barrow motor ability test. Motor examen avb tips. What is motor ability test in physical education class 11. What is motor ability test. What is type test for motor. Motor skill test.