

Name of the Test	Physical Fitness (Record Sheet)
Author	Devlekar Manoj, Pendharkar Shubhada
Availability	Jnana Prabodhini's Institute of Psychology, Pune For Research
Training Levels	Level A (No Specific Training)
Uses	For training
Year of standardization/adaptation	2003 (year of report)
Year of revised edition	
Description of the test	
Language	Instruction in Marathi, English and others
Level	Std. 5 to std. 11 (child, adolescent)
What is measured?	Ability : physical fitness
Type of Test	Performance
Total no. of Items with parts if any	Level 1 – 6 subtest Level 2 – 4 subtest
Item type	Time as a measure, task as a measure
Kind of Response	Doing activities
Areas	Stamina, flexibility, balance
Time	Each activity approximately 5 mins. for conducting. Activities spaced over longer time as per the requirement.
Scoring procedure	Manual, objective, recording time or the performance
Statistics studied while standardizing the test	
Sample (for standardization and norms)	N = 128
Reliability	These type of tests are being used in many schools.
Validity	----- do -----
Norms	--
Standardization category	Teacher made, common uses
More about the test	The test was used in Child and Youth Development Programme and was found useful.
References	Khire, U., Lavalekar, A & Rajhans, M. (2003). Child and Youth Development Programme for Ability Building and Managing Stress. Project Report submitted to Tata Education Trust, Mumbai.