



## IMPACT OF EVALUATION IN SPORTS TRAINING & COACHING

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**Abstract:** Evaluation plays an important and necessary role in every field of life, sports and physical education are no exception. Such physical education teacher/coach must know appropriate techniques of evaluating the students is theirs academic and sports performance. In other words evaluation is an essential and vital function of allow physical education teachers and sports trainers. Each coach and physical education teacher has to evaluate physical performance and fitness of sports person belonging to competitive as well as armature sports.

**Keywords:**Evaluation, Physical Education, Coaching etc.

### Introduction:

Evaluation is a technique of decision making by using valid measurements for comparison with other norms referenced or criteria referenced standards. Evaluation is the third stage of test and measurement. While test refer to any specific instrument, procedure or technique needed to collect data for final evaluation measurement refers to specific data (qualitative and quantitative) collected by using test.

### Principle of Evaluation :

- 1) Principle of Equality.
- 2) Principal of Fully Secrecy.
- 3) Exam paper based principle.
- 4) Principle of Awarding of Marks.
- 5) Principle of extra marks provision for Necessary question.
- 6) Principal of determining of pass Marks.
- 7) Principle of Co-curricular Activates.
- 8) Principal of Standardized Norms.
- 9) Principal of qualified examination.
- 10) Principal of More Results single time

### Importance of evaluation:

- 1) Helping to confirm that objectives are encountered.
- 2) Identifying achievements.
- 3) Identifying difficulties and weakness so they can be corrected.
- 4) Providing information to aid additional development.
- 5) Providing indication of the benefits and impacts.
- 6) Contributing to acquiring knowledge for further development

- 7) Recognizing staff training and development needs
- 8) Acquisition the support of institutional managers
- 9) Guiding future plans
- 10) Providing information.
- 11) Developing guidelines which may be useful for other library services
- 12) Devising strategies to develop projects into services
- 13) Positioning the library in relation to current learning and research environment.

### Conclusion:

Evaluation is the integral part of test and measurement. Evaluation provide the knowledge of status of everything in physical education i.e.: teaching, learning, coaching, training, research, etc.

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