

EXPERIMENTAL VERIFICATION OF RELIABILITY (REPRODUCIBILITY) AND CONSISTENCY OF TESTS

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Abstract

When assessing reproducibility, 50 subjects performed the entire test set of exercises twice with a week break between tests. At the same time, reproducibility was assessed by the correlation coefficient between the test results at the first and second repetitions (retest).

Keywords: estimates, tests, correlation, coefficient

Во всех случаях величины коэффициентов корреляции превышали 0,94 (табл. П.1), что согласно литературным рекомендациям расцениваются как высокий уровень воспроизводимости (надежности), свидетельствующий о том, что избранные наша тесты обладают достаточной различительной возможностью и могут быть использованы для оценки индивидуальных достижений.

Сходным образом определялись и согласованность тестов (для всех контрольных упражнений и антропометрических показателей кроме бега на 100 и 500 м). Для этого 30 испытуемых выполнили упражнения дважды подряд: проведение тестов и измерение результатов осуществлялось при этом разными лицами. Оценка согласованности проводилась по коэффициентам корреляции. Так же и в случае воспроизводимости эти коэффициенты оказались достаточно высокими - свыше 0,95 во всех случаях (табл. Д.2).

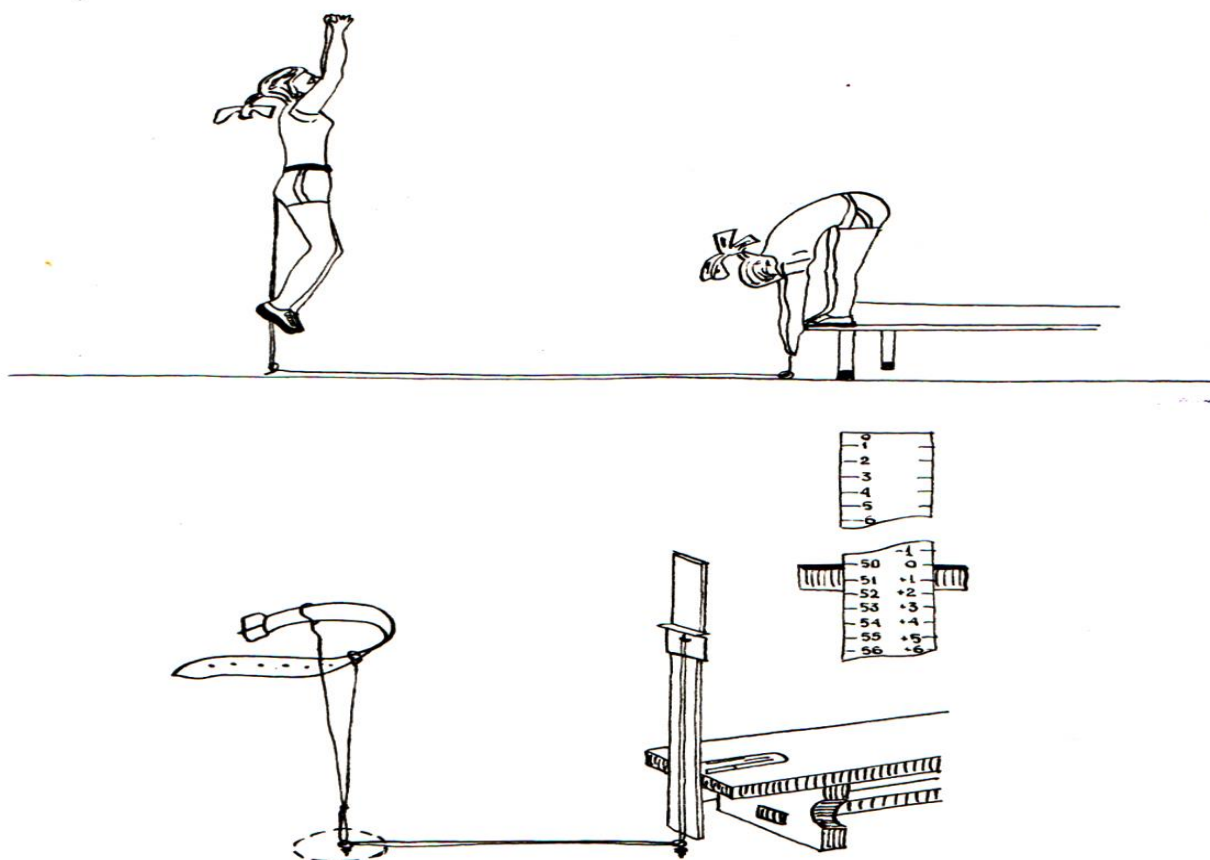


Рис. 1.

ОБЩИЙ ВИД И ДЕТАЛИ ПРИБОРА ДЛЯ ИЗМЕРЕНИЙ ВЫСОТЫ ПОДСКОКА
И ГЛУБИНЫ НАКЛОНА ВПЕРЕД.

аким образом, проведенные дополнительные эксперименты, имевшие целью метрологическую проверку используемых нами тестов, свидетельствовали о том, что тесты, использованные в основных экспериментах, можно рассматривать как добротные (в соответствии с тем определением добротности тестов, которое принято в отечественной литературе по спортивной метрологии).

Антропометрические измерения проводились в соответствии с рекомендациями» изложенными в отечественной литературе, международных стандартов испытаний физической подготовленности, приведенными в качестве приложения в книге В.М.Зациорского. Оценивались, главным образом, тотальные размеры тела. Что касается динамометрических показателей, то при их регистрации мы опирались на упомянутые выше требования международных стандартов.

При обследовании испытуемых мы ориентировались на принадлежность их к определенному курсу обучения.

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Нередко возраст отдельных учащихся отличался (как правило, в большую сторону) от среднего возраста учащихся определенного курса. Возраст обследуемых студентов определялся в соответствии с рекомендациями отечественной антропологической литературы.

Регистрация двигательной активности (актометрия) проводилась по общепринятой методике с помощью шагомеров отечественного производства (г. Пенза, часовой завод «Заря»).

Воспроизводимость результатов тестирования (n=50)

№	Тесты	Результаты		Коэффициент согласованности
		первое тестирование	второе тестирование	
1	Бег 100м, с	16,51±0,97	16,43±1,01	0,96
2	Бег 500 м, с	120,3±12,6	119,9±11,3	0,94
5	Метание гранаты, м	20,63±1,97	20,78±20,1	0,95
6	Наклон вперед, м	7,7±3,1	7,7±3,0	0,98
9	Динамометрия ведущей руки, кг	28,7±7,1	28,6±7,0	0,98

Экспериментальная проверка согласованности тестов (n=50)

№	Тесты	Результаты		Коэффициент согласованности
		первое тестирование	второе тестирование	
3	Прыжок в длину с /м, см	103,2±6,3	105,1±7,1	0,95
5	Метание гранаты, м	20,87±2,01	20,19±2,4	0,97
6	Наклон вперед, см	7,7±3,1	7,7±3,4	0,99
7	Динамометрия ведущей руки, кг	28,1±6,8	27,8±7,1	0,95
8	Вес тела, кг	51,1±5,6	51,0±5,5	0,99
9	Длина тела, см	158,1±5,4	159,0±5,6	0,99

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Педагогический эксперимент проведен с целью выявления факта возможности и эффективности использования специальных комплексов физических упражнений направленных на адаптацию к высокой внешней температуры с выполнением в процессе занятий физического воспитания гипотермических пауз предложенных профессором А.И.Яроцким.

Методы математической статистики и теории тестов.

Для обработки и интерпретации полученного статистического материала, использовались общепринятые методы математической статистики.

Проверка тестов на добротность выполнена с помощью традиционных методов, подробно изложенных в пособиях по тестам и измерениям, а также в учебниках спортивной метрологии.

Оценка коэффициентов воспроизводимости и согласованности проводилась в соответствии с имеющимися в литературе рекомендациями.

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