# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Acknowledgements</th>
<th>v</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of Tables</td>
<td>xi</td>
</tr>
<tr>
<td>List of Figures</td>
<td>xiii</td>
</tr>
<tr>
<td>List of Appendices</td>
<td>xiv</td>
</tr>
</tbody>
</table>

**Chapter**

I **INTRODUCTION**

1.1. A Timeline on Significant Volleyball Events 3
1.2. Volleyball 1: Early Development 5
1.3. Volleyball – Competitive Sports 8
1.4. Fundamental Skills and Their Importance 11
1.5. Volleyball Skill’s and Fitness 12
1.6. Techniques of Volleyball 17
1.7. Significance of Tests, Measurements and Evaluation 18
1.8. Validity 19
1.9. Reliability 20
1.10. Objectivity 21
1.11. Norms 21
1.12. Types of Norms 23
1.13. Importance of Norms 25
1.15. Hull Scale and Advantages 28
1.16. Specification of the Problem 28
1.17. Statement of the Problem 29
1.18. Hypothesis 29
1.19. Significance of the Study 29
1.20. Delimitations 31
# TABLE OF CONTENTS (continued)

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.21. Limitations</td>
<td>32</td>
</tr>
<tr>
<td>1.22. Definition of the Terms</td>
<td>32</td>
</tr>
<tr>
<td>1.22.1. Test</td>
<td>32</td>
</tr>
<tr>
<td>1.22.2. Norms</td>
<td>33</td>
</tr>
<tr>
<td>1.22.3. Skill Test</td>
<td>33</td>
</tr>
<tr>
<td>1.22.4. Volleyball</td>
<td>33</td>
</tr>
<tr>
<td>1.22.5. Pass</td>
<td>33</td>
</tr>
<tr>
<td>1.22.6. Service</td>
<td>34</td>
</tr>
<tr>
<td><strong>II REVIEW OF RELATED LITERATURE</strong></td>
<td>35-67</td>
</tr>
<tr>
<td>LITERATURES ON VOLLEYBALL SKILL TEST</td>
<td></td>
</tr>
<tr>
<td>2.1. Brady volleyball Skill Test</td>
<td>35</td>
</tr>
<tr>
<td>2.2. Russell and Lange Volleyball Skill Test</td>
<td>36</td>
</tr>
<tr>
<td>2.3. Glady’s Scott and Esther French’s Volleyball Skill Test</td>
<td>36</td>
</tr>
<tr>
<td>2.4. Kronqvist and Brumbach Volleyball Test</td>
<td>37</td>
</tr>
<tr>
<td>2.5. Gabbett and Georgieff Volleyball Skill Test</td>
<td>39</td>
</tr>
<tr>
<td>2.6. Bascaran Volleyball Skill Test</td>
<td>40</td>
</tr>
<tr>
<td>2.7. French Cooper Volleyball Test</td>
<td>41</td>
</tr>
<tr>
<td>2.8. French and Cooper Volleyball Skill Test</td>
<td>43</td>
</tr>
<tr>
<td>2.9. Sheppard Volleyball Skill Test</td>
<td>44</td>
</tr>
<tr>
<td>2.10 Crogen Volleyball Skill Test</td>
<td>45</td>
</tr>
<tr>
<td>2.11 Fulton Volleyball Skill Test</td>
<td>46</td>
</tr>
<tr>
<td>2.12 Lamp Volleyball Skill Test</td>
<td>46</td>
</tr>
<tr>
<td>2.13 Thirumurugan Volleyball Test</td>
<td>48</td>
</tr>
<tr>
<td>2.14 Bala Kumararaja Volleyball Test</td>
<td>48</td>
</tr>
<tr>
<td>2.15 Johnson Volleyball Test</td>
<td>49</td>
</tr>
</tbody>
</table>

viii
2.16 John Volleyball Skill Test 49
2.17 Cunningham and Harrison Volleyball Test 50
2.18 Cummisky Volleyball Test 50
2.19 Bovard Volleyball Skill Test 51
2.20 Mohr and Harverstic Volleyball Skill Test 52
2.21 Gill Volleyball Skill Test 53
2.22 Liba and Stauff Volleyball Skill Test 53
2.23 Clifton Volleyball Skill Test 54
2.24 Bassett, Glassow and Locke Volleyball Skill Test 54
2.25 Anisetty Krishanveni Volleyball Test 58
2.26. Ebenizer Volleyball Skill Test 59

LITERATURES ON VOLLEYBALL NORMS
2.27 Saminbaraj Volleyball Norms Construction 59
2.28. Natarajan Duraikannan Volleyball Norms Construction 60
2.29. Pichaiappa Volleyball Norms Construction 60
2.30. Pugalenthi Volleyball Norms Construction 62
2.31. Thangavel Nattar Pichaiappa Volleyball Skill Test and Norms 63
2.32. Summary of The Literatures 66

III METHODOLOGY 68-89
3.1. Selection of Subjects 68
3.2. Finalization of Skill Test Items 68
   3.2.1. Trail Run 70
3.3. Subject’s Reliability 71
3.4. Instrument’s Reliability 71
3.5. Tester’s Competency 72
TABLE OF CONTENTS (continued)

3.6. The Test Selection
   3.6.1. The Serve (Service Test)  72
   3.6.2. The Overhead Pass Test    76

3.7. Orientation of Subjects  80

3.8. Test Administration  81

3.9. The Criteria Procedures  82
   3.9.1. Reliability  82
   3.9.2. Validity  83
   3.9.3. Objectivity  83

3.10. Construction of Norms  84

3.11. Statistical Techniques Employed  84
   3.11.1. Reliability for the Modified Tests  84
   3.11.2. Validity for the Modified Tests  86
   3.11.3. Objectivity for the Modified Test  86
   3.11.4. Norms  86

IV ANALYSIS OF RESULTS AND DISCUSSIONS  90-120

4.1. Overview  90

4.2. Test of Significance  91
   4.2.1. Level of Significance  91

4.3. Scoring of Data  92

4.4. Computation of Intra – Class Correlation Results and Discussion for Reliability  92

4.5. Computation of Pearson Product Moment Correlation Results and Discussion for Validity  96
4.6. Computation of Pearson Product Movement Correlation Results and Discussion for objectivity 100
4.7. Computation of Norms Results and Discussion 102
4.8. Discussion on Findings 113
4.9 Comparison between the Existing and Modified Test 118
4.10. Discussion on Hypothesis 119

V SUMMARY, CONCLUSIONS AND RECOMMENDATIONS 121-126
5.1. Summary 121
5.2. Findings 123
5.3 Conclusions 124
5.4. Recommendations 125

BIBLIOGRAPHY 127-133

Books 127
Journals and Periodicals 129
Unpublished Thesis 131
Information services (Internet) 133

APPENDIXES 134-157