Syllabus and Marking Scheme for M.P.Ed CET

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<tr>
<th>Sr. No</th>
<th>Sections</th>
<th>No. of Questions</th>
<th>Marks per Question</th>
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<td>1</td>
<td>Foundation of Physical Education</td>
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<td>2</td>
<td>Anatomy, Physiology and Health Education</td>
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<td>3</td>
<td>Teaching Methodology</td>
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<td>Officiating Coaching and Management in Physical Education</td>
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<td>Tests, Measurements and Evaluation in Physical Education</td>
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<td><strong>Total</strong></td>
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Contents of Sections:

I. **Foundation of Physical Education**:
   (a) History of Physical Education  
   (b) Psychological Foundation of Physical Education  
   (c) Philosophical Foundation of Physical Education  
   (d) Sociological Foundation of Physical Education  
   (e) Various commissions, schemes, policies, awards and role and contribution of Physical Education and Sports Institutes.

II. **Anatomy, Physiology and Health Education**:
   (a) Need and importance of Anatomy in Physical education  
   (b) Exercise and Various Body Systems  
   (c) Health Education – Need and importance in school curriculum  
   (d) Posture, Postural deformities and corrective exercises  
   (e) Role of Physical Education Teacher in AIDS and Pollution awareness.

III. **Teaching Methodology**:
   (a) Various teaching methods and principles  
   (b) Unit Planning - Types, Preparation Unit planning and Year Planning  
   (c) Types of Competitions – Intramural and Extramural  
   (d) Maxims of teaching, Audio visual aids  
   (e) Place of computer and internet in teaching

IV. **Officiating Coaching and Management in Physical Education**:
   (a) Principles, Purpose of Officiating and coaching  
   (b) Periodization and its role in coaching  
   (c) Skills, techniques and rules of various games and sports  
   (d) Duties and responsibilities of officials  
   (e) Principles and need of sport management.

V. **Tests, Measurements and Evaluation in Physical Education**:
   (a) Physical Fitness Test – HRPF, Motor fitness  
   (b) Sports skill Test - Football, Volleyball, Basketball, Badminton and Handball  
   (c) Need and importance of tests  
   (d) Criteria of selection of tests  
   (e) Evaluation – Types, Principles and purpose.

➢ The questions will be objective Multiple Choice Questions with Four options.  
➢ There is no Negative marking.  
➢ The time allotted is One Hour (Sixty Minutes).  
➢ Medium of Questions will be English, Marathi and Hindi.

(Dr. Shailendra Deolankar)  
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