विषय: उच्च शिक्षण संचालनालयाच्या अख्त्यातील व्यवसायिक अभ्यासक्रमांच्या शैक्षणिक वर्ष २०१९-२० मधील सीईटीचा अभ्यासक्रम काढण्याचे बांधव ।

संदर्भ: राज्य सामाजिक प्रवेश परीक्षा कक्षाचा दिनांक १५, १६, २०१८ रोजीचा ईमेल महदेव, उच्च शिक्षण संचालनालयाचा अख्त्यातील खालील तयार नमूद असलेल्या एकूण ०८ व्यवसायिक अभ्यासक्रमांची राज्य सामाजिक प्रवेश परीक्षा व केंद्रीय सरकार प्रक्रिया राज्य सामाजिक प्रवेश परीक्षा कक्षा यांच्यामध्ये राहणाऱ्या घोषित झालेली नियुक्ति येते।

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<th>अभ्यासक्रम तयार केलेल्या वर्ष</th>
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<td>बी.ए.म.ए.ए. (एकादिवसी)</td>
<td>२०१८-१९</td>
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उक्त अभ्यासक्रमांच्या राज्य सामाजिक प्रवेश परीक्षेसाठी शैक्षणिक वर्ष २०१८-१९ मध्ये असलेला अभ्यासक्रम हाच शैक्षणिक वर्ष २०१९-२० करितास कायम ठेऊन राज्य सामाजिक प्रवेश परीक्षा आयोजित करण्याची विनंती आहे।

संयोजन: अभ्यासक्रम (०४)

(दृ. मोहन खटाल)
सहसंचालक, उच्च शिक्षण महाराष्ट्र राज्य, पुणे - १.
Syllabus and Marking Scheme for B.P.Ed CET 2019

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sections</th>
<th>No. of Questions</th>
<th>Marks per Question</th>
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<tr>
<td>1</td>
<td>General Knowledge</td>
<td>15</td>
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<td>2</td>
<td>Mental Ability</td>
<td>15</td>
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<td>15</td>
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<tr>
<td>3</td>
<td>Teacher Aptitude and Sports Related Knowledge</td>
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<td>20</td>
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<td><strong>Total</strong></td>
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Contents of the Syllabus:

I. General Knowledge:
   (a) General Science and Technology (b) General History and Geography of India (c) Civics and Political Science (India) (d) Literature (e) Current Affairs at National Level.

II. Mental Ability:
   (a) Logical Diagrams (b) Directional Sense (c) Relationship (d) Coding and Decoding (e) Number System

III. Teacher Aptitude and Sports Related Knowledge:
   (a) Professional Commitment (b) Communication (c) Sports Awards (Central and State Govt.) (d) Olympic Games (e) Current Affairs on Various Sports and Games

➤ 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. Mohan Khatal)
Joint Director, Higher Education
Maharashtra State, Pune -1
The candidates will also have to appear for Physical Efficiency Test (Field Test) to be conducted only at following selected cities in Maharashtra: Amravati, Nagpur, Pune, Mumbai, Aurangabad, Jalgaon and Barshi.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Field Test Sections</th>
<th>Total Marks</th>
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<tr>
<td>1</td>
<td>4x10 Shuttle Run Test</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>Sit and Reach</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>Standing Broad Jump Test</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>Sit Ups Test</td>
<td>10</td>
</tr>
<tr>
<td>5</td>
<td>Medicine Ball Throw Test (2kg)</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>50</strong></td>
</tr>
</tbody>
</table>

DESCRIPTION OF TESTS

1. **4 x 10 Meters Shuttle Run Test:**
   
   **Equipment:** Two blocks of wood (21 x 21 x 41), stopwatches and marking powder.
   
   **Test Administration:** Two parallel lines are marked on the floor 10 meters apart. The two wooden blocks are placed behind one of the lines. The subject is asked to start from behind the other line. On the signal ready? Go, the timer starts the watch and the subject runs towards the blocks, picks-up one block, runs back to the starting line, places the block behind the starting line, runs back and picks-up the second block to be carried back across the starting line. As soon as the second block is placed on the ground, the timer stops the watch and records the time.

   **Scoring:** The time is recorded to the nearest 10th of a second as the score of the test item.

   **Rules:** Only one trial shall be allowed unless the teacher believes the pupil has not had a fair opportunity.

2. **Sit and Reach Test:**
   
   **Purpose:** This test measures the flexibility of the lower back and hamstring muscles.
   
   **Equipment:** Sit and Reach Box
   
   **Procedure:**
   
   This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor; the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at least two seconds while the distance is recorded. Make sure there are no jerky movements.

   **Scoring:** The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark.

3. **Standing Broad Jump Test:**
   
   **Purpose:** This test measures the power of legs in jumping horizontal distance.
Equipment: Floor, mat or long jump pit may be used, measuring tape, marking tape/chalk or a peg.

Test Administration:
A demonstration of the standing broad jump will be given to a group of subjects to be tested. The subject will be asked to stand behind the starting line with the feet parallel to each other. The subject will be instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction.

Scoring: The distance between the starting line and the nearest point of landing provides the score of the test. The best performance (maximum distance) out of three trials will be recorded in meters as the final score of the test.

4. Sit-Ups (Bent Knee):

Equipment: Clean floor, mat, or dry turf and stopwatch.

Description:
The pupil lies on the back with the knees bent, feet on the floor, and heels not more than 12 inches (30.48 cm) from the buttocks. The angle at the knees should be less than 90 degrees. The pupil puts the hands on the back of the neck with fingers clasped and places the elbows squarely on the mat, floor, or turf. The pupil’s feet are held by his or her partner to keep them in touch with the surface. The pupil tightens the abdominal muscles and brings the head and elbows forward as he or she curls up, finally touching the elbows to the knees. This action constitutes one sit-up. The pupil returns back to the starting position with his elbows on the surface before he sits up again. The timer gives the signal Ready? Go!, and the sit-up performance is started on the word Go! Performance is stopped on the word stop. The number of correctly executed sit-ups performed in 60 seconds is recorded as the score.

Rules: Only one trial shall be allowed unless the teacher believes the pupil has not had a fair Opportunity.

Scoring: Record the number of correctly executed sit-ups in 60 seconds.

5. Medicine Ball Throw:

Purpose: This test is used to measure the power of arms and shoulder girdles.

Equipment: A Medicine ball of 2 Kg for men and 1 Kg for women, marking materials and measuring tape.

Test Administration:
- a) The Athlete sits on the floor with his legs fully extended, feet 24 inches apart and the back against a wall.
- b) The ball is held with the hands on the side and slightly behind the center and back against the center of the chest. The forearms are positioned parallel to the ground.
- c) The athlete throws the medicine ball vigorously as far straight forward as he can while maintaining the back against the wall.
- d) The distance will be measured from the wall to where the ball lands in meters.
- e) Each subject will be given two trials.

Scoring: The longest distance will be measured in meters will be the score of the test.

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