विवेक : उच्च शिक्षण संचालनालयाचा अखेतारीतील व्यवसायिक अभ्यासक्रमांचा शैक्षणिक वर्ष २०१९-२० मधील सीईटीआय अभ्यासक्रम कठिनाच्या बाबत ..

संदर्भ : राज्य सामाजिक प्रवेश परीक्षा कक्षा २०१८-२०१९ रोजीचा ईमेल माहिती,

उच्च शिक्षण संचालनालयाचा अखेतारीतील खालील तंत्रात नमुना असलेल्या एकूण ०८ व्यवसायिक अभ्यासक्रमांची राज्य सामाजिक प्रवेश परीक्षा व केंद्रीय प्रवेश प्रक्रिया राज्य सामाजिक प्रवेश परीक्षा कक्ष कांतींच्या राखण्याच्या बाबतात.

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उक्त अभ्यासक्रमांच्या राज्य सामाजिक प्रवेश परीक्षेसाठी शैक्षणिक वर्ष २०१८-२०१९ मधील असलेला अभ्यासक्रम हाच शैक्षणिक वर्ष २०१९-२० करिता कायम ठेऊन राज्य सामाजिक प्रवेश परीक्षा आयोजित करण्याची विनंती होईल.

सोबत : अभ्यासक्रम (०८)

(डॉ. मोहन खताब)
सहसंचालक, उच्च शिक्षण
महाराष्ट्र राज्य, पुणे - ४.

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The On Line CET is comprising of one paper with five sections:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sections</th>
<th>No. of Questions</th>
<th>Marks per Question</th>
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<td>2</td>
<td>Anatomy, Physiology and Health Education</td>
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<tr>
<td>3</td>
<td>Teaching Methodology</td>
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<td>4</td>
<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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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, Pre-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. Mohan Khatal)
Joint Director, Higher Education
Maharashtra State, Pune -1
Syllabus and Marking Scheme for MAH-M.P.Ed. -Physical Efficiency Test (Field Test) 2019

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>
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<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>
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<td><strong>Total</strong></td>
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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 10s 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:

f) The Athlete sits on the floor with his legs fully extended, feet 24 inches apart and the back against a wall.

g) 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.
h) The athlete throws the medicine ball vigorously as far straight forward as he can while maintaining the back against the wall.
i) The distance will be measured from the wall to where the ball lands in meters.
j) 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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