

## Syllabus and Marking Scheme for M.P.Ed CET

Sr. No.	Sections	No. of Questions	Marks per Question	Total Marks
1	Foundation of Physical Education .	10	1	10
2	Anatomy ,Physiology and Health Education	10	1	10
3	Teaching Methodology	10	1	10
4	Officiating Coaching and Management in Physical Education	10	1	10
5	Tests, Measurements and Evaluation in Physical Education	10	1	10
	<b>Total</b>	<b>50</b>		<b>50</b>

### 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.



  
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