



Government of Maharashtra

महाराष्ट्र शासन

STATE COMMON ENTRANCE TEST CELL

राज्य सामाईक प्रवेश परीक्षा कक्ष

Information Brochure For On-Line CET

For

First Year of Degree Course in Master of Physical Education leading to

M.P.Ed. (2Year Course) (Regular, Full Time)

2017-2018

STATE COMMON ENTRANCE TEST CELL

305, Government Polytechnic Building,

49, Kherwadi, Ali Yavar Jung Marg, Bandra East,

Mumbai-400051 (Maharashtra State.)

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E-MAIL Address of CET CELL:- maharashtra.cetcell@gmail.com

E-MAIL Address for reporting On Line form filling problems :

leexaminfo@gmail.com

Contact No. for reporting On Line form filling problems-

180030002648

WEBSITE: <http://www.mahacet.org> , www.dhepune.gov.in

Competent Authority:- Commissioner, State CET CELL, Mumbai.

Nodal Officer: Director, Higher Education, Maharashtra State,

Central Building, Pune 411001.

Telephone:- 020-26051729

WEBSITE:- <http://www.dhepune.gov.in>

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MAH-M.P.Ed.CET-2017 ACTIVITY SCHEDULE

Sr. No.	ACTIVITY	SCHEDULE	
1	On Line Registration for MAH-M.P.Ed. CET 2017 through Computer connected to Internet on the website www.mahacet.org / www.dhepune.gov.in/	First Date	Last Date
		25/04 /2017	15/05/2017
2	Issue of Hall Ticket through login of successfully registered candidates	22/05/2017	
3	Date of On-Line MAH- M.P.Ed. CET2017	04/06/2017 (Sunday)	
4	Date of Field Test (Off line)	05/06/2017 and 06/06/2017	
5	Declaration of result of the MAH - M.P.Ed. CET 2017 on the website www.dhepune.gov.in http://www.mahacet.org	20/06/2017	

Important Note: The schedule displayed above is provisional and Competent Authority may change the same under Unavoidable Circumstances. The revised schedule, if any, will be notified on the following websites www.mahacet.org / www.dhepune.gov.in/

1. NOTIFICATIONS and RESOLUTIONS FOR REFERENCES:

- Read:-**
- 1) Government of Maharashtra Extra-ordinary Gazette Part-4.Extraordinary No:- 48 Regulation No:- 48-Dated 17th August 2015.
 - 2) Government of Maharashtra Extra-ordinary Gazette Part-4- B. Extraordinary No:- 20 Notification No:-B.Ed.4615/C.No.-210/C.E.- 2 dated 22nd January 2016 (Marathi Version)
 - 3) Government of Maharashtra Extra-ordinary Gazette Part-4-B.Extraordinary No:- 138 Notification No:-B.Ed.4616/C.R.-1/C.E.-2 dated 6th May 2016. (English Version).
 - 4) Government of Maharashtra Extra-ordinary Gazette Part-VIII Extraordinary No. 72 Maharashtra Act No. XXX of 2006 dated 1st August 2006.
 - 5) Government Notification No. B.Ed. 4615/C.No.210/C.E.-2 Dated 21nd January 2016.

Gazette Notifications are downloadable from [http:// dgps. Maharashtra. gov.in](http://dgps.maharashtra.gov.in)

- 6) Government of Maharashtra, Higher and Technical Education Department, Government Resolution No:- CET-2015/C.No.-440/C.E.-2 dated 28th January 2016
- 7) National Council for Teacher Education, New Delhi Notification No.F-51- 1/2014-NCTE (N&S) dated 28th November 2014, Appendix-5: Norms and Standards for Master of Physical Education Programme leading to Master of Physical Education (M.P.Ed.)Degree.
- 8) Minutes of the Meeting of the Admissions Regulating Authority dated 21st December 2016.

1.1 Important Notes for Candidates and Institutes

- All candidates are advised to download the Information Brochure for CET and read it carefully before filling in the On-line Application Form.
- All candidates are informed that in On –Line Process every Notice, Notification, Change is intimated in On –Line – Mode only.
- Candidates are advised to keep up date with the web sites.
- Candidates are advised to seek the help of the Colleges in their locality to fill in the On-Line form if they want. CET CELL has issued the Notice No. 3 dated 6th Feb. 2017.
- Application once Finally submitted will not be allowed to be withdraw n /Edited/Changed in any circumstances ,Fees once paid will NOT be refunded under any circumstances nor can be held in reserve for next year's CET.
- All Institutes/Colleges participating in the CET and CAP Process should also download and keep the Information Brochure on their office record and upload all CET CELL notices on their college website.
- All colleges should update their web site with infrastructure ,human resources ,Fees ,Hostel Facility.



महाराष्ट्र शासन

Government of Maharashtra

राज्य सामाईक प्रवेश परीक्षा कक्ष, मुंबई

STATE COMMON ENTRANCE TEST CELL, MUMBAI.

2. Introduction:

Government of Maharashtra has established a State Common Entrance Test Cell (CET CELL) under Admission Regulatory Authority (ARA) as per the provision in Section 10 of Maharashtra Unaided Private Professional Educational Institutions (Regulation of Admissions and Fees) Act, 2015, (Herein after called the Act).

According to Government Resolution No. :- CET-2015/C.No.-440/C.E.-2 dated 28th January 2016 and CET-2016/F.No.84/MSH-2, 7th April 2016 the Competent Authority shall conduct the MAH-M.P.Ed CET -2017 for the admission to the First Year of the Two Year Full Time Professional course in Physical Education leading to **Master of Physical Education for the Academic Year 2017-2018.**

The admissions to the following Institutes will be based on the Score of MAH-M.P.Ed. CET 2017 and Field Test provided these institutes are approved and recognized by Government of Maharashtra and are affiliated to any of the Non-agricultural University in the State of Maharashtra State and recognized by NCTE (WRC) :

1. All Government Aided Colleges offering M.P.Ed. Course
2. All University Managed Colleges/ Institutes/Departments offering M.P.Ed. Course
3. All Un-aided Institutes, Unaided Minority Institutes offering M.P.Ed. Course covered as per the Act.
4. Government aided Autonomous Colleges.

3. Competent Authority & Nodal Officer:

Commissioner, State CET Cell is the **Competent Authority** to conduct the **MAH-M.P.Ed CET 2017** as per the Provisions of 2(c) and Section 10(2) of the Act.

Director, Higher Education, Maharashtra State, Central Building, Pune, 411001 is the **Nodal Officer** for MAH-M.P.Ed. CET and CAP 2017.

4. Eligibility for Appearing to MAH-M.P.Ed. CET-2017:

The candidate should be an Indian National and should have passed Bachelor's Degree in Physical Education (B.P.Ed.) or equivalent with atleast 50% of Marks (49.50% and above to be considered as 50%) (Minimum 45% marks in case of Backward Class category) (44.50% and above to be considered as 45 %).

OR

The candidate should have passed Bachelor's Degree of Science (B.Sc.) in **Health and Physical Education** with atleast 50% marks (49.50% and above to be considered as 50%) (Minimum 45% marks in case of Backward Class category) (44.50% and above to be considered as 45%).

OR

Candidates who are appearing for the Qualifying Examination in the academic year 2016-2017 are also eligible to apply for CET / Entrance Examination. Such candidates will become eligible for admission only if they produce Marks Memo/ Degree Certificate of the Qualifying Examination and fulfill the eligibility criteria mentioned above while filling in the Admission Form in the Centralized Admission Process (CAP) after qualifying the M.P.Ed. CET Examination 2017.

All candidates including backward class candidates having Degree / Post Graduate Degree from **Out of Maharashtra Universities will be considered as Open Category candidates**

Note:

- Aggregate marks mean the Grand Total of marks obtained by the candidate at the Degree on which the Class is awarded by the University.
- In case the candidates are awarded Grade/s,/CGPA instead of marks, the conversion of Grade/s, CGPA to percentage of Marks would be based on the Formula/Procedure certified by the Board/ University/ Institution from where the candidate has obtained the Bachelor's Degree The candidate will have to bring the necessary proof to that effect from the University/ Institution.
- The percentage of marks shall be calculated by rounding off to two places after decimal.
- The candidate belonging to SC/ST, DT/VJ, NT (A), NT (B), NT(C), NT(D), OBC and SBC categories should produce "**Caste Certificate**" issued by the Competent Authority and the candidates belonging to ST category should submit "**Tribe Validity Certificate**" issued by the Scrutiny Committee of Tribal Department along with Caste certificate. Candidates belonging to DT/VJ, NT (A), NT (B), NT(C), NT(D), OBC and SBC should submit Valid Non Creamy Layer Certificate as applicable at the time of verification of Documents/Admission.

5. MAH-M.P.Ed. CET-2017 Schedule:

MAH-M.P.Ed. CET-2017 shall be conducted only in the On-Line Mode in **Multiple Sessions**, if required, MAH-M.P.Ed. CET-2017 will be conducted **on Sunday 4th June 2017**. Candidates shall have to appear for the On-Line CET strictly as per the date and session allotted to them at the allotted Venues and Centres in Maharashtra.

No candidate **will be allowed to appear for the Test in other than the allotted session, centre and venue.**

Field Test will be conducted on **Monday 5th June 2017 and Tuesday 6th June 2017**.

6. Examination Fees for MAH-M.P.Ed.CET-2017.

Application Form Processing Fees as stated below is to be paid through on-line system only by Internet Payment, Credit Card/ Debit Card (RuPay/Visa/MasterCard/Maestro), Internet Banking, IMPS, Cash Cards/ Mobile Wallets for which the service charges, as per rules, shall be applicable in addition to the application form Processing Fees. No other mode of payment shall be permitted. The fees is non-refundable and non-transferable under any circumstances.

For Open Category candidates from Maharashtra State ,All Candidates from Outside Maharashtra State (OMS), and J&K Migrant candidates.	Rs. 1,000/-*
For Candidates belonging to Maharashtra State of Backward class Categories (SC, ST, VJ/DT(A), NT-1 (-B) NT-2 (-C), NT-3(-D), , OBC and SBC Categories. WITH VALID CASTE CERTIFICATE in case of ST candidate and Non-creamy layer certificate for VJ/ DT, NT (A), NT (B), NT(C), NT(D), OBC and SBC candidates from Maharashtra State only.	Rs. 500/-*

*** As decided in ARA Meeting dated 21st December 2016.**

Fees once Paid is not Refundable under any circumstances.

NRI/OCI/PIO/Foreign National Students desirous of seeking Admission to MAH-M.P.Ed -2017 Course are exempted from MAH-M.P.Ed.-2017 CET and Field Test. They will have to apply on line when the CAP Process starts.

Candidates from Out- side Maharashtra Universities will be considered as Open Category candidates and criteria applicable to Open category candidates will be applicable to them.,

Detailed description of categories and Quota for Candidates having Caste Certificate from Maharashtra State only :-

Sr. No.	Category	% Quota
1	Scheduled Caste and Scheduled caste persons who have adopted Buddhist Religion	13
2	Scheduled Tribe (ST)	7
3	De-Notified Tribes (14 Similar Tribes) (VJ/DT) A	3
4	Nomadic Tribes (28 Tribes before January 1990) and similar Tribes) (NT-1) B	2.5
5	Nomadic Tribes (Dhangar and Similar Tribes (NT-2) C	3.5
6	Nomadic Tribes (Vanjari and Similar Tribes) NT-3) D	2
7	Other Backward Class (OBC)	19
	Total	50

Source: Maharashtra Act No. XXX of 2006.

7. Procedure for Online Application Form Filling and Registration for MAH-M.P.Ed. CET 2017

In order to appear for MAH-M.P.Ed. CET 2017, the candidates are required to apply On-Line as per the detailed procedure/guidelines given below:

A) IMPORTANT POINTS TO BE NOTED BEFORE REGISTRATION

Before applying online, applicants should-

- **Candidates should go through the Information Brochure made available to them On- line and check for Eligibility criteria.**
 - **Scan their photograph and signature** ensuring that both the photograph and signature adhere to the required specifications as given under **Guideline for Photograph and Signature Scan and Upload.**
 - **Have a valid e-mail ID and Mobile No.,** which should be kept active till the completion of this Admission Process.
- APPLICATION FEES/INTIMATION CHARGES (NON REFUNDABLE)**

Application Fees for CET is to be paid in On-Line Mode. The fees once paid is not refundable. Bank Transaction charges for Online Payment of application fees/intimation charges will have to be borne by the Applicant.

B) Application Registration Procedure for CET:

Applicants are required to visit DHE's website <http://www.dhepune.gov.in/> or CET CELL's web site:- <http://www.mahacet.org> and open the given link. For filling the Online Application Form, they should click on the option **"APPLY ONLINE"** which will open a new screen.

(i) **To register application follow the below given steps:-**

a) choose the tab **"Click here for New Registration"** and enter Name, Contact details and E-mail ID. B) A **provisional Registration Number and Password** will be generated by the system and displayed on the screen.

c) **Applicant should note down the Provisional Registration Number and Password in their note book and preserve it.**

d) An Email and SMS indicating the Provisional Registration Number and Password will also be sent on the Mobile No. given by the Candidate..

(ii) In case the applicant is unable to complete the application form in one go, he/she can save the data already entered by choosing **"SAVE AND NEXT"** tab. Prior to submission of the online application applicants are advised to use the **"SAVE AND NEXT"** facility to verify the details in the online application form and modify the same if required before Finally Submitting the Form.

(iii) Applicants are advised to carefully fill and verify the details filled in the online application themselves **as no change will be possible/ entertained after clicking the FINAL SUBMIT BUTTON**. No request for Change in details will be entertained by the CET CELL. Hence Candidates are advised to verify their details before Finally submitting the Form.

(iv) The Name of the applicant or his/her Father/Husband etc. should be spelt correctly in the application as it appears in the **SSC/HSC/Convocation/Degree certificates/Mark Sheets** of equivalent degree . Any change/ alteration found may disqualify the candidature.

(v) Applicants should Validate their filled in details and Save their filled in application by clicking the **'Validate Your Details' and 'Save & Next' button**.

(vi) Applicants can proceed to upload Photo & Signature as per the specifications given in the Guidelines for Scanning and Upload of Photograph and Signature .

(vii) Applicants can proceed to fill other details of the Application Form.

(viii) Click on the Preview Tab to preview and verify the entire application form before **FINAL SUBMISSION**.

(ix) Modify details, if required, and click on **'FINAL SUBMIT ONLY'** after verifying and ensuring that the photograph, signature uploaded and other details filled by you are correct.

(x) Click on **'Payment'** Tab and proceed for Payment.

(xi) Click on **'Submit'** button.

8. Payment of CET Examination Fees: Procedure :

Candidates are expected to remit the Form Fee using On Line Mode only as detailed below:

i) The Candidate's Completed Application form is integrated with Payment Gateway and the payment process can be completed by following the instructions given below:-

ii) The payment can be made by using Debit Cards (RuPay/Visa/MasterCard/Maestro). Credit Cards, Internet Banking, IMPS(Immediate Payment Service (IMPS) an instant interbank electronic fund transfer service through mobile phones)., Cash Cards/ Mobile Wallets. **Bank transaction charges for On-Line Payment of Application Fee/Intimation Charges will have to be borne by the Candidate.**

iii) **Candidates should ensure their eligibility before applying On Line /Paying the Fees.**

iv) After submitting your payment information in the online application form, **PLEASE WAIT FOR THE INTIMATION FROM THE SERVER. DO NOT PRESS BACK OR REFRESH BUTTON IN ORDER TO AVOID DOUBLE CHARGE.**

v) On successful completion of the On Line Transaction, an **e-Receipt** will be generated.

vi) Non-generation of 'e-Receipt' indicates PAYMENT FAILURE. On failure of payment, applicants are advised to login again using their Provisional Registration Number and Password and repeat the process of payment.

vii) Applicants are required to take a printout of the e-Receipt and online application form and preserve it properly. **Please note that if the same cannot be generated, online transaction may not have been successful.**

viii) **For Credit Card users:** All charges are listed in Indian Rupee. If you use a non-Indian credit card, your bank will convert to your local currency based at prevailing exchange rates.

ix) To ensure the security of your data, please close the browser window once your transaction is completed.

x) **There is facility to print application form containing fee details after payment of fees. Candidates are advised to take a print out of the application form containing fee-details and preserve it.**

xi) **No other mode of payment of fees will be accepted.**

9. Guidelines for Scanning and Uploading of Candidate's Photograph and

Signature

IN CASE THE FACE IN THE PHOTOGRAPH OR SIGNATURE IS UNCLEAR, THE APPLICATION MAY BE REJECTED.

- APPLICANT MAY EDIT THE APPLICATION AND RE-UPLOAD THE PHOTOGRAPH/ SIGNATURE IN CASE PHOTOGRAPH AND SIGNATURE IS NOT CLAEAR..

I. PHOTOGRAPH IMAGE:

- Photograph must be a **recent**, passport size, color picture.
- The picture should be in **color, against a light-coloured, preferably white background.**
- Look straight at the camera with a relaxed face.
- If the picture is taken on a sunny day, have the sun behind you, or place yourself in the shade, so that you are not squinting and there are no harsh shadows.
- If you have to use flash, ensure there's no "red-eye".
- If you wear glasses make sure that there are no reflections and your eyes can be clearly seen.
- Photographs taken wearing Caps, Hats and Dark Glasses are not acceptable. Religious headwear is allowed but it must not cover your face. Your face should be clearly visible.
- Dimension 200 x 230 pixels is preferred.
- Size of file should be between 20kb-50kb.
- Ensure that the size of the scanned image is not more than 50KB. If the size of the file is more than 50KB, then adjust the settings of the scanner such as the DPI resolution, No.of colours etc. during the process of scanning.

- Candidates are advised to keep one copy of the photograph uploaded to be pasted on the Hall Ticket. The Uploaded photo image and photo pasted on the Hall Ticket/ should match. In case of mismatch of Photo the applicant may be disqualified.

II. SIGNATURE IMAGE :

- The applicant has to sign on white paper with Black Ink pen.
- **The signature must be signed only by the applicant and not by any other person.**
- The applicant's signature obtained on the Hall Ticket and Attendance Sheet at the time of the CET Examination should match with the uploaded signature. In case of mismatch of signature , the applicant may be disqualified.
- Dimensions 140 x 60 pixels is preferred for Signature image.
- Size of file should be between 10kb-20kb.
- Ensure that the size of the scanned image is not more than 20KB.

III. SCANNING THE PHOTOGRAPH & SIGNATURE

- Set the scanner resolution to a minimum of **200 dpi** (Dots per Inch).
- Set Color to True Color.
- File Size as specified above.
- Crop the image in the scanner to the edge of the Photograph/Signature, then use the upload editor to crop the image to the final size (as specified above).
- The image file should be JPG or JPEG format. An example file name is: image01.jpg or image01.jpeg Image dimension can be checked by listing the folder files or moving the mouse over the file image icon. Applicants using MS Windows/MS Office can easily obtain photo and signature in .jpeg format not exceeding 50KB & 20KB respectively by using MS Paint or MS Office Picture Manager. Scanned photograph and signature in any format can be saved in .jpg format by using 'Save As' option in the File menu and size can be reduced below 50KB (photograph) & 20KB (Signature) by using crop and then resize option [Please see point (i) & (ii) above for the pixel size] in the 'Image' menu. Similar options are available in other photo editor also.
- **If the size and format are not as prescribed, an error message will be displayed.**
- While filling in the Online Application Form the applicant will be provided with a link to upload his Photograph and Signature.

IV. Procedure for Uploading the Photograph and Signature

- There will be two separate links for uploading Photograph and Signature.
- Click on the respective link "Upload Photograph/ Upload Signature".
- Browse and Select the location where the Scanned Photo/Signature file has been saved.
- Select the file by clicking on it.
- Click the 'Upload' button
- **An online application which is incomplete** in any respect such as without Photograph and Signature uploaded in the online application form/unsuccessful fee payment **will not be considered as valid.**
- **After registering on-line candidates are advised to take printout of their system generated on-line application form.**

- **Important Note for All Candidates:-** Application once Finally submitted will not be allowed to be withdrawn/ Edited/Changed in any circumstances. Fees once paid will NOT be refunded under any circumstances nor can be held in reserve for next year's CET

10. Downloading Hall Ticket through Candidate's Log-In

As per the schedule given in the Information Brochure and latest Notifications/ Notices published on the web sites the candidates will have to visit the [http:// www.dhepune.gov.in/](http://www.dhepune.gov.in/) <http://www.mahacet.org> website for downloading Hall Ticket for on-line Test from the given link.. Intimations for downloading Hall Ticket will also be sent through E-mail/SMS. Candidates should keep their E-mails and Mobile Phones active during the entire admission process. Candidates having Do Not Disturb mode active may not get SMS alerts. Hence all candidates are advised to check their e-mail accounts and visit web sites on regular basis. Once the candidate clicks the relevant link, he / she can access the window for Hall Ticket download. The candidate is required to use **1) Registration Number/ Roll No, ii) Password/ Date of Birth** for downloading the Hall Ticket. The candidate needs to affix recent recognizable photograph on the Hall Ticket preferably the same provided/uploaded during registration and appear at the examination centre with 1) Hall ticket ii) Original Photo Identity Proof as stipulated below and proof of change in name, in original, if required, also specified in the Hall Ticket and **photo Identity proof as brought in original.**

11. Identity Verification of the Candidate at CET Examination Centre:

In the Examination Hall, the Hall Ticket along with Original of the Candidate's currently valid photo identity (bearing reasonably the same name as it appears on the Hall Ticket.) Such as PAN Card, Pass Port/ Driving License/Voters ID Card/ Bank Pass Book with photograph/ photo-identity proof issued by the Gazzetted officer on official letter head along with the photograph/Photo identity proof issued by the Seating People's Representative on the official letter head along with photograph/ valid recent identity card issued by the recognized college/ university/ Aadhar Card with Candidate's photograph/E-Aadhar Card with Candidate's Photograph/ Original Employee Identity Card / Bar Council Identity Card with photograph , Original Identity card issued by recognized College/Department of University valid for Academic Year 2016-2017/ Original Hall Ticket/Admit Card with Candidate's Photograph issued for the Board/ University Examination held in the year 2017 only should be submitted to the invigilator for verification. The candidate's identity will be verified with respect to his/her details on the Hall Ticket, in the candidate may not be allowed to appear for the Examination. The Candidates must remember that Ration Card is not valid ID proof for the Examination.

Note: Candidates have to produce in original the Photo Identity Proof along with Examination Hall Ticket while attending the Examination, without which they will not be allowed to take up the examination. Candidates must note that the name as appearing on the Hall Ticket (provided during the process of registration) should reasonably match the name appearing as on photo identity proof. **Female candidates who have changed their first /last / middle name post marriage must take special note of this, if there is any mismatch between the name indicated in the Hall Ticket and photo identity proof, the candidate will not be allowed to appear for the Examination.** In case of candidates who have changed their name will be allowed only if they produce Gazette Notification./ their Original Marriage Certificate/ Affidavit in Original declaring change in name. **In No case Colour Xerox, Mobile photo of the Original Identity Proof will be allowed.**

12. Candidates Reporting Late:

The candidates reporting to the CET Examination after the time specified on the Hall Ticket for the Examination will not be permitted to take the Examination. The reporting time mentioned on the Hall Ticket is prior to the start time of the On –Line Test. Though the duration of the examination is 60 (Sixty) Minutes, Candidates are required to be at the venue for about 200 (Two Hundred) minutes including the time required for completion of various formalities such as Verification, Collection of various requisite Documents, Logging in, Giving of Instructions etc. In the On-Line Examination mode, once the System Administrator has logged in No Candidate can be allowed to take the On Line Test. Hence the candidates are advised to report to the Examination Centre much before the Reporting time. If the candidate reaches late to the Centre, in no case the Candidate will be adjusted in the other batch if any. Candidate himself will be responsible for denial of entry in the Centre for Late Reporting and or Non Submission of the Original Photo ID Proof and Original Change of Name Proof whatever it may be applicable to him/her.

13. Test Centers for MAH-M.P.Ed.-CET:

1. MAH-M.P.Ed. CET 2017 will be conducted On-Line only at following **selected cities in Maharashtra : Amravati, Nagpur , Pune , Mumbai ,Aurangabad and Solapur.** The cities in which MAH-M.P.Ed. CET 2017 will be conducted are designated as “Centers” for the CET.
2. Each Centre may have many “Venues” depending upon the number of candidates appearing at that Centre.
3. A candidate appearing for CET shall give his/her preference for the Centre, however, the Competent Authority reserves the right to allocate the Centre and Venue.
4. The Examination will be conducted On-Line at venues given in the respective Hall ticket of the Candidate.
5. **No request for change of Centre/Venue/Date/ Session for the Examination shall be entertained by the CET CELL under any circumstances..**
6. Competent authority, however, reserves the right to cancel any of the Examination Centres and /or add some other Centres, at its discretion, depending upon the response or number of application for particular Centre, administrative feasibility etc.
7. **Competent Authority also reserves the right to allot the candidate to any centre other than the one he/she has opted for.**
8. Candidate will appear for the examinations at the Examination Centre at his/her own risk and expenses and Competent Authority will not be responsible for any injury or losses etc. of any nature.
9. Choice of Centre once exercised by the candidate will be final and binding on the Candidate.
10. If sufficient number of candidates does not opt for a particular centre for “Online” examination, Competent Authority reserves the right to allot any other adjunct centre to those candidates OR if the number of the candidates is more than the capacity available for online examination for a Centre, Competent Authority reserves the right to allot any other Centre to the candidate.

14. Syllabus and Marking Scheme for MAH-M.P.Ed. CET 2017

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

Sr. No.	Area	No.of questions	Marks question per	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
	Total	50	1 per question	50

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 and Hindi

Contents of Sections:

- 1) 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.
- 2) 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.
- 3) 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
- 4) 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
- 5) Tests, Measurements and Evaluation in Physical Education :-** (a) Physical Fitness Test – HRPFF, 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

15. Physical Efficiency Test (Field Test):

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 and Barshi .

Field Test is comprising of five sections.

Sr. No.	Area	Total Marks
1	10x4 Shuttle Run Test	10
2	Sit and Reach	10
3	Standing Broad Jump Test	10
4	Sit Ups Test	10
5	Medicine Ball Throw Test	10
	Total	50

Students will be evaluated as per the standard criteria given in Annexure I
ANNAXURE – I : Ready Reckoner for M.P. Ed Physical Efficiency Tests

	Tests for Men					Tests for Women				
Marks	Shuttle Run 4X10 M.	Sit and Reach	Standing Broad Jump	Sit Ups (One min)	Medicine Ball Throw (2 Kg.)	Shuttle Run 10X4 M.	Sit and Reach	Standing Broad Jump	Sit Ups (One min)	Medicine Ball Throw (1 Kg)
	Second	Centimetre	Meter	Numbers	Meter	Second	Centimetre	Meter	Numbers	Meter
10	Less than 9.91	Above 15 cm	Above 2.30	Above 35	Above 10	Less than 11.00	Above 20cm	Above 1.80	Above 30	Above 10
09	9.90 to 10.10	13-15 cm	2.10 to 2.29	30-34	9.50 to 9.99	11.01 to 11.50	18-20 cm	1.60 to 1.79	25-29	9.50 to 9.99
08	10.11 to 10.40	10-12 cm	1.90 to 2.09	25-29	9.00 to 9.49	11.51 to 12.00	15-17 cm	1.40 to 1.59	20-24	9.00 to 9.49
07	10.41 to 10.70	7-9 cm	1.70 to 1.89	20-24	8.50 to 8.99	12.01 to 12.50	12-14 cm	1.20 to 1.39	17-19	8.50 to 8.99
06	10.71 to 11.20	4-6cm	1.50 to 1.69	17-19	8.00 to 8.49	12.51 to 13.00	9-11cm	1.00 to 1.19	14-16	8.00 to 8.49
05	11.21 to 11.70	1-3 cm	1.30 to 1.49	14-16	7.00 to 7.99	13.01 to 13.50	6-8 cm	0.90 to 0.99	11-13	7.00 to 7.99
04	11.71 to 12.20	-2-0 cm	1.10 to 1.29	11-13	6.00 to 6.99	13.51 to 14.00	3-5cm	0.80 to 0.89	8-9	6.00 to 6.99
03	12.21 to 12.70	-5- (-3) cm	0.90 to 1.09	8-10	5.00 to 5.99	14.01 to 14.50	0-2cm	0.70 to 0.79	6-7	5.00 to 5.99
02	12.71 to 13.20	-8- (-6) cm	0.80 to 0.89	5-7	4.00 to 4.99	14.51 to 15.00	-3- (-1) cm	0.60 to 0.69	4-5	4.00 to 4.99
01	Above 13.20	Above (-8) cm	Below 0.80	Less than 5	Less than 4	Above 15.00	Above (-3) cm	Below 0.60	Less than 4	Less than 4

Note:- 1. Weight of Medicine Ball For Men 2 Kg. And For Women 1 Kg.

2. The Medicine ball throw must follow the following instructions .

- 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.
3. Sit ups should be performed with bending knees and keeping both hand behind neck

A. DESCRIPTION OF TESTS

1] 4 x 10 Meters Shuttle Run Test :

Equipments: Two blocks of wood (2" x 2" x 4"), 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.

Equipments: 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 (One Min.):

Equipments: 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 .

Equipments: 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.

B. DETAILS OF THE FIELD TEST

Only CET appeared candidates will be allowed for the Field Test which will be conducted only at following **selected cities in Maharashtra : Amravati, Nagpur , Pune , Mumbai ,Aurangabad and Barshi .**

Candidates will have to produce the hall ticket of online CET Exam duly signed by the online CET exam Authority.

Field Test will be conducted only on the Field Test Center mentioned on the HallTicket.

There will be no any change in the Field Test Center once allotted in any circumstances.

16. Action Against candidates found guilty of Misconduct/ use of Unfair Means:

Candidates are advised in their own interest **that they should not furnish any particulars that are false, tampered with or fabricated and should not suppress any material information while submitting on-line application. At the time of examination or in subsequent admission procedure, if a candidates (or has been) found guilty of:-**

- i. **Using unfair means**
- ii. Impersonating or procuring impersonification by any person or
- iii. Misbehaving in the Examination Hall or disclosing , publishing, reproducing, or any information therein in whole or part thereof in any form or by any means, verbal or written, electronically or mechanically for any purpose or
- iv. Resorting to any irregular or improper means in connection with his/her candidature or
- v. Obtaining support of his/her candidature by unfair means, or
- vi. Carrying Mobile Phones or similar electronic devices of communication in the examination hall, such a candidate may, in addition to rendering himself/herself liable to criminal prosecution, be liable to be disqualified from the examination/admission for which he/she is a candidate. The candidate himself/herself will be responsible for the possible consequences.

- vii. Any unruly behavior/misbehavior in the Examination Hall will result in the cancellation of the candidature.

17. On Line Examination:

A. Details of the On-Line Examination Pattern

- The examination will be conducted on-line mode i.e. on a computer.
- The M.P.Ed. CET test will be provided in English and Hindi.
- All the questions will have multiple choices. Out of the Four options/ answers to the question only one will be the correct answer. The candidate has to select the most appropriate answer and 'mouse click' the alternative which he/she feels appropriate/correct. The alternative /option that is clicked on will be treated as the answer to that question. Answer to any question will be considered for final evaluation. Only when candidate has submitted the answers by clicking on "Save and Next" or "Mark for Review and Next".
- The clock has been set at the server and the countdown timer at the top right corner of your screen will display the time remaining for you to complete the Examination. When the clock runs out the Examination by default- candidate is not required to submit his/her examination.
- The question palette at the right of the screen shows one of the following statuses of each of the questions numbers:



You have not visited the Question yet.



You have not answered the questions.



You have answered the question.



You have NOT answered the question but have marked the question for review



You have answered the question but marked it for review.

- **The marked review status simply acts as a reminder that you have set to look at the question** again. If an answer is selected for question that is marked for Review, the answer will be considered in the evaluation.
- To select a question to answer, you can do one of the following:--
 - i. Click on the question number in the question palette at the right of your screen to go to that numbered question directly. Note that using this option **does not save your answer** to the current question.
 - ii. Click on '**Save & Next**' to save answer to current question and to go to the next question in sequence.
 - iii. Click on '**Mark for Review and Next**' to save answer to current question, mark it for review, and to go to the next question in sequence.
- To select your answer, click on one of the option buttons.

- To change your answer, click another desired option button.
- To save the answer, you **MUST** click on '**Save and Next**'.
- To deselect a chosen answer, click on the chosen option again or click on the **Clear Response** button.
- To mark a question for review click on **Mark for Review and Next**. If an answer is selected for a question that is Marked for Review, the answer will be considered in the final Evaluation.
- To change an answer to a question, first select the question and then click on the new answer option followed by a click on the **Save and Next** button.
- **The questions that are saved or marked for review after answering will ONLY be considered for evaluation.**
- Test name(s) will be displayed on the top bar of the screen. Questions in the test can be viewed by clicking on the test name. The test you will view will be highlighted.
- After clicking the '**Save and Next**' button on the last question for the test, you will automatically be taken to the first question of the **next test**.
- You can move the mouse cursor over the test names to view the status of the questions of the test.
- You can shuffle between test and questions anytime during the examination as per your convenience.
- The candidates are requested to follow the instructions of the TEST ADMINISTRATOR carefully. If any candidate does not follow the instructions/ rules, it would be treated as a case of misconduct/adoption of unfair means and such a candidate would be liable to debarment from appearing for the examinations for the period as decided by CET CELL.
- The candidates may ask the Test Administrator about the doubts or questions only before the commencement of the test. No query shall be entertained after the commencement of the examination.
- After the expiry of 120 minutes, the candidates will not be able to attempt any question or click their answers. The answers of the candidates would be saved automatically by the computer system even if he/she has not clicked the **Submit** button.
- **The candidates are advised to note the following things carefully:**
 - i. Candidates will not be allowed to **finally submit** unless they have exhausted the actual test time.
 - ii. Under no circumstances should a candidate click on any of the **KEYBOARD KEYS** once the examination starts as this will lock the Examination.

18. SAMPLE QUESTIONS -

Q. 1 YMCA College of Physical Education was founded in 1920 by

A) Raj Kumari Amrit Kaur

B) H. C. Buck

C) Charles A. Bucher

D) S. Radhakrishnan

☐

9. YMCA शारीरिक शिक्षा विज्ञान महाविद्यालय की स्थापना १९२० में निम्न लोगों में से किसके द्वारा की गई थी?

A) राजकुमारी अमृत कौर B) एच. सी. बक C) चार्ल्स ए. बूचर D) एस. राधाकृष्णन

2. The medium type of individuals, known as the athletic types are

A) Endomorph B) Mesomorph C) Endo-mesomorph D) Ectomorph

☐

2. मध्यम किस्म के व्यक्तियों को athletics type खिलाड़ी किस्म का कहा जाता है वे हैं

A) Endomorph B) Mesomorph C) Endo-mesomorph D) Ectomorph

3. SAI was setup in

A) 1980 B) 1982 C) 1984 D) 1986

☐

3. SAI निम्नलिखित वर्ष में बना।

A) 1980 B) 1982 C) 1984 D) 1986

4. The growth and development of the skeletal system indicates

A) Chronological age B) Anatomical age C) Physiological age D) Mental age

☐

4. हड्डियों की वृद्धि एवं विकास यह दर्शाता है।

A) Chronological उम्र B) Anatomical उम्र C) शरीर क्रिया वैज्ञानिक उम्र D) मानसिक उम्र

5. Bones of wrists and ankles are

A) Flat bones B) Irregular bones C) Sesmoid bones D) Short bones

☐

5. कलाईयों एवं एडियों में किस प्रकार की हड्डियाँ होती हैं?

A) चपटी हड्डियाँ B) अनियमित हड्डियाँ C) Sesmoid हड्डियाँ D) छोटी हड्डियाँ

6. The first Asian Games were conducted in

A) 1950 B) 1951 C) 1952 D) 1954

☐

6. प्रथम एशियाई खेल किस वर्ष में हुए?

A) 1950 B) 1951 C) 1952 D) 1954

7. The Fosbury flop is a technique for
A) High Jump B) Long Jump C) Triple Jump D) Soccer ☐
७. Fosbury flop तकनीक इसलिए है
A) ऊँची कूद B) लंबी कूद C) Triple कूद D) फुटबाल
8. What is the minimum length of the runway in long jump?
A) 40-50 m B) 40-45 m C) 45-50 m D) 50-55 m ☐
८. लंबी कूद के रन वे की लंबाई कम से कम कितनी होती है
A) 40-50 m B) 40-45 m C) 45-50 m D) 50-55 m
9. Which law of learning emphasizes that practice makes a man perfect?
A) Law of Readiness B) Law of Exercise ☐
C) Law of Intensity D) Law of Effect
९. सीखने का कौन सा नियम इस बात पर जोर देता है कि अभ्यास मनुष्य को संबद्धपूर्ण perfect बनाता है।
A) सदैव तैयार रहने का नियम B) तीव्रता का नियम
C) अभ्यास का नियम D) प्रभाव effect का नियम
10. Which of the following is not a muscle of the shoulder?
A) Trapezius B) Pectoralis C) Serratus anterior D) Soleus ☐
१०. निम्नलिखित माँसपेशियों में से कौन सी माँसपेशी कंधे की माँसपेशी नहीं है?
A) Trapezius B) Pectoralis C) Serratus anterior D) Soleus
11. Surplus Energy Theory was postulated by
A) Aristotle B) Freud C) Herbert Spencer D) McDougall ☐
११. बचत वाली ऊर्जा का सिद्धांत के प्रतिपादक थे
A) Aristotle B) Freud C) Herbert Spencer D) McDougall
12. The amount of blood pumped in one minute by either the left or right ventricle of the heart is
A) Cardiac output B) Stroke volume ☐
C) Blood pressure D) Heart rate
१२. खून जो मात्रा एक मिनट में पम्प होती है। हृदय के दायें या बायें ventricle से उसे कहते हैं।
A) Cardiac output B) Stroke volume
C) रक्तचाप D) Heart rate

13. What is the optimal angle of flight in a discus throw?
 A) 30° B) 35° C) 40° D) 45° ☐
१३. Discus फेंकने में सामान्य उचित कोण क्या है?
 A) 30° B) 35° C) 40° D) 45°
14. Which theory of play refers to emotional release or pent up of emotions?
 A) Recapitulatory theory B) Recreational theory ☐
 C) Anticipatory theory D) Cathartic theory
१४. खेल का कौन सा सिद्धांत emotional release को संदर्भित करता या भावनाओं pent up को करता है?
 A) Recapitulatory theory B) मनोरंजन का सिद्धांत
 C) पूर्वानुमानित सिद्धांत D) Cathartic theory
15. Intramural refers to
 A) Between institutions B) Within the walls of an institution ☐
 C) Contest D) Inside struggle
१५. Intramural से आशय होता है
 A) दो संस्थाओं के बीच B) मुकाबला
 C) एक संस्था के परिसर में D) भीतरी संघर्ष
16. Dehydration and the salt loss accompanying high rates of sweating causes
 A) Heat exhaustion B) Heat stroke C) Heat cramp D) Fatigue ☐
१६. Dehydration और शरीर में नमक की कमी अत्याधिक पसीने के कारण जो होता है उसकी वजह होती है
 A) गर्मी के कारण exhaustion B) लू लग जाना Heat stroke
 C) Heat cramp D) थकान
17. National Institute of Sports was established in Patiala in
 A) 1951 B) 1957 C) 1961 D) 1963 ☐
१७. नेशनल खेल संस्थान National Institute of Sports पटियाला निम्नलिखित वर्ष में बना
 A) 1951 B) 1957 C) 1961 D) 1963
18. Which of the following is a measure of variability?
 A) Mean B) Median C) Mode D) Range ☐
१८. निम्न में से किससे variability का नाप होता है?
 A) Mean B) Median C) Mode D) Range

19. Who is known as the father of Naturalism?
 A) Aristotle B) Pavlov C) Rousseau D) Plato ☐
१९. Naturalism का जनक कौन है?
 A) Aristotle B) Pavlov C) Rousseau D) Plato
20. The number of players in the game of Kho-Kho are
 A) 9 B) 10 C) 11 D) 12 ☐
२०. खो-खो खेल में खिलाड़ी की संख्या होती है
 A) 9 B) 10 C) 11 D) 12
21. The length of the crossbar in high jump is
 A) 2.56 m - 3.24 m B) 3.98 m - 4.02 m C) 4.02 m - 5.06 m D) 3.94 m - 4.00 m ☐
२१. ऊँची कूद में crossbar की लंबाई होती है
 A) 2.56 m - 3.24 m B) 3.98 m - 4.02 m C) 4.02 m - 5.06 m D) 3.94 m - 4.00 m
22. What is chronological age?
 A) Age in years, months and days B) Indicated by bones and dentition ☐
 C) Determined by signs of puberty D) Determined by use of intelligence tests
२२. कालक्रम के अनुसार उम्र का आशय क्या है?
 A) वर्ष, महीना, तथा दिन में उम्र की अभिव्यक्ति B) हड्डियों तथा दांतों द्वारा निर्धारित
 C) योनारम्भ के संकेतों द्वारा निर्धारित D) बुद्धि के परीक्षण द्वारा निर्धारित
23. Which age is determined by signs of puberty?
 A) Chronological age B) Anatomical age C) Physiological age D) Mental age ☐
२३. योनारम्भ के संकेतों द्वारा कौन सी उम्र निर्धारित होती है?
 A) Chronological age दिन, महीने, वर्ष, क्रम में B) शरीर संरचना विज्ञान के अनुसार उम्र
 C) Physiological age D) Mental age
24. Olmpiad refers to
 A) Olympics B) Period between two Olympics ☐
 C) Place in Greece D) Olympic Medal
२४. ओलम्पियाड से इनके संदर्भ हैं
 A) Olympics - ओलम्पिया B) दो ओलम्पिय खेलों के मध्य अंतराल
 C) Place in Greece - यूनान में एक स्थान D) Olympic Medal ओलम्पिक पदक

25. The Olympic motto 'Fortius' means
 A) Higher B) Faster C) Stronger D) None ☐
२५. ओलम्पिक आदर्श वाक्य (Motto) में 'Fortius' शब्द का क्या अर्थ है?
 A) Higher- उच्च B) Faster- तीव्रतर
 C) Stronger – अधिक मजबूत D) None
26. The highest award given to sports coaches in India is
 A) Arjuna Award B) Khel Ratna Award ☐
 C) Ati Vashistha Jyoti D) Dronacharya Award
२६. भारतीय प्रशिक्षकों को मिलने वाला सर्वोच्च पारितोषिक कौन सा है?
 A) Arjuna Award – अर्जुन पुरस्कार B) Khel Ratna Award - खेल रत्न पुरस्कार
 C) Ati Vashistha Jyoti - अतिविशिष्ट ज्योति पुरस्कार
 D) Dronacharya Award – द्रोणाचार्य पुरस्कार
27. National game of India is
 A) Cricket B) Football C) Kabaddi D) Hockey ☐
२७. भारत का राष्ट्रीय खेल है
 A) Cricket B) Football C) Kabaddi D) Hockey
28. Agility is measured by
 A) Sit and reach test B) Shuttle run C) 50 mtr run D) None of these ☐
२८. चपलता मापी जाती है
 A) सीट अँड रीच परीक्षण B) शटल दौड़
 C) ५० मीटर D) इसमे से कोई नहीं
29. What type of Muscle fibers possess by the elite male and female long distance runners
 A) more of slow twitch fibres B) more of fast twitch fibres ☐
 C) more of intermediate twich fibres D) 50% ST and 50% FT fibres
२९. लंबी दूरी दौड़नेवाले पुरुष और स्त्री धावकों में किस प्रकार के तंतु होते हैं
 A) धीमी गति से फड़कने वाले अधिक तंतु B) अधिक तेज फड़कने वाले तंतु
 C) मध्य गति वाले अधिक फड़कने वाले तंतु D) 50% ST and 50% FT तंतु

30. The structure of which joint permits bending in only one direction?
 A) Pivot B) Hinge C) Gliding D) Ball and Socket ☐
३०. सिर्फ एक दिशा में मुड़ने की सुविधा देता है
 A) Pivot – धुरी B) Hinge – कब्जा
 C) Gliding – सरकना D) Ball और साकेट
31. Hip joint is a
 A) Pivot joint B) Hinge joint ☐
 C) Saddle joint D) Ball and Socket joint
३१. Hip joint is – कुल्हे का जोड़
 A) Pivot joint – धुरी वाला जोड़ B) Hinge joint – कब्जे वाला जोड़
 C) Saddle joint – काठी वाला जोड़ D) Ball and Socket joint - बॉल और साकेट जोड़
32. Newton's first law of motion is known as
 A) Law of acceleration B) Law of inertia ☐
 C) Law of action reaction D) Law of momentum
३२. Newton द्वारा प्रतिपादित गति के पहले नियम को कहते हैं
 A) Law of acceleration - त्वरण का नियम B) Law of inertia – जड़त्व का नियम ☐
 C) Law of action reaction – क्रिया प्रतिक्रिया का नियम D) Law of momentum- संवेग का नियम
33. The point where the entire mass or weight of the body may be considered to be concentrated is
 A) Centre of gravity B) Centre of mass C) Torque D) Lever ☐
३३. वह बिन्दु जहाँ शरीर का सारा भार वजन को एकत्रित हुआ सोंपा जा सकता है, वह है
 A) Centre of gravity B) Centre of mass C) Torque D) Lever
34. Which nutrients are essential to growth and repair of muscle and other body tissues?
 A) Proteins B) Minerals C) Roughage D) Vitamins ☐
३४. वृद्धि के हेतु कौन से पोषक तत्व जरूरी हैं?
 A) प्रोटीन B) खनिज C) Roughage D) विटामिन
35. Which of the following is not a source of protein?
 A) Eggs B) Meat C) Oil D) Milk ☐
३५. निम्न से कौन से पदार्थ प्रोटीन के स्रोत नहीं हैं?
 A) अण्डे B) गोشت C) तेल D) दूध

36. Which of the following is the longest cycle of training?
 A) Macrocycle B) Microcycle C) Mesocycle D) Weekly cycle ☐
३६. इनमें से कौन सा प्रशिक्षण सबसे लम्बे चक्र वाला है?
 A) Macrocycle B) Microcycle C) Mesocycle D) Weekly cycle
37. Which training method in Swedish means speed play?
 A) Circuit B) LSD C) Fartlek D) None ☐
३७. किस प्रशिक्षण के तरीके का अर्थ Swedish भाषा में speed play गति से खेलना होता है?
 A) चक्र B) LSD C) Fartlek D) कोई नहीं
38. What is the weight of discus for a competition and acceptance of a record?
 A) Men 1.5 Kg Women 1.00 kg B) Men 2 Kg Women 1.00 kg ☐
 C) Men 2.5 Kg Women 1.5 kg D) Men 2.5 Kg Women 2 kg
३८. किसी प्रतियोगिता हेतु Discus का वजन क्या है ताकि उसके record को मान्यता मिले।
 A) Men 1.5 Kg Women 1.00 kg B) Men 2 Kg Women 1.00 kg
 C) Men 2.5 Kg Women 1.5 kg D) Men 2.5 Kg Women 2 kg
39. The weight of the shuttle in a game of Badminton is
 A) 4.70 – 5 gms B) 4.8 – 6 gms C) 4 – 8 gms D) 4.74 to 5.50 gm ☐
३९. बैडमिंटन के खेल में shuttle का वजन।
 A) 4.70 – 5 gms होता है B) 4.8 – 6 gms होता है
 C) 4 – 8 gms होता है D) 4.74 to 5.50 gm होता है
40. During high jump, the arched back method of clearing the bar is called
 A) Fosbury flop B) Scissors C) Western roll D) Straddle roll ☐
४०. ऊँची कूद में arched back method की clearing में bar का नाम यह होता है।
 A) Fosbury flop B) Scissors C) Western roll D) Straddle roll
41. The length of the play field in football is
 A) 80 – 120 m B) 90 – 120 m C) 90 – 110 m D) 80-110 m ☐
४१. फुटबॉल के खेल के मैदान की लम्बाई
 A) 80 – 120 m B) 90 – 120 m C) 90 – 110 m D) 80-110 m
42. The weight of basket ball is
 A) 600-650 gms B) 500-550 gms C) 550-600 gms D) 550-575 gms ☐
४२. बॉस्केट बॉल का वजन क्या है-
 A) 600-650 gms B) 500-550 gms C) 550-600 gms D) 550-575 gms

43. What are the Length and Width of Hockey field?
 A) 91.40 x 55 m B) 90.60 x 65 m C) 90.50 x 70 m D) 100 x 64 m ☐
४३. हॉकी मैदान की लम्बाई चौड़ाई कितनी होती है ?
 A) 91.40 x 55 m B) 90.60 x 65 m C) 90.50 x 70 m D) 100 x 64 m
44. In a game of cricket, the tops of stumps are --- inches above the ground.
 A) 25 B) 26 C) 27 D) 28 ☐
४४. क्रिकेट के खेल में स्टम्प के टापो की उँचाई जमीन से --- इंचो की होती है।
 A) 25 B) 26 C) 27 D) 28
45. Which of the following races in swimming does not start with a dive?
 A) Freestyle B) Breast stroke C) Butterfly D) Backstroke ☐
४५. तैरने की किस प्रतियोगिता में डाइव्ह लगाकर प्रारंभ नहीं किया जाता ?
 A) Freestyle B) Breast stroke C) Butterfly D) Backstroke
46. The length of the baton in a relay race is
 A) 200-250 mm B) 240-280 mm C) 280 -300 mm D) 300-320 mm ☐
४६. Relay race में baton की लम्बाई।
 A) 200-250 mm B) 240-280 mm C) 280 -300 mm D) 300-320 mm
47. Maximum strength can be developed with:
 A) Circuit training B) Weight training ☐
 C) Hill running D) Plyometric exercises
४७. निम्न में से इनसे अधिकतम शक्ति विकसित की जा सकती है
 अ) परिक्रमा वाले प्रशिक्षण ब) भारोत्तोलन प्रशिक्षण क) पहाड़ी दौड़ ड) Plyometric व्यायाम
48. Whose birthday is celebrated as National Sports Day?
 A) Milkha Singh B) Major Dhyanchand ☐
 C) G. D. Sondhi D) Swami Vivekanand
४८. राष्ट्रीय खेल दिवस को किसका जन्मदिन पर मनाते हैं।
 अ) मिल्का सिंग ब) मेजर ध्यानचंद क) जी.डी. सोन्धी ड) स्वामी विवेकानंद
49. 'Fart lek' training is given for improving
 A) Strength B) Endurance C) Speed D) Flexibility ☐
४९. 'Fart lek' प्रशिक्षण के द्वारा इनमे से कौनसा क्षमता बढ़ता है ?
 A) Strength B) Endurance C) Speed D) Flexibility
50. In which country the First Asian Games was held:
 A) Japan B) China C) India D) South Korea ☐
५०. किस देश में प्रथम एशियन खेल खेले गए।
 अ) जपान ब) चीन क) भारत ड) दक्षिण कोरिया



19. General Instructions:

1. Please note the Date, Time and Venue address of the Examination given in the Hall Ticket.
2. Candidates are advised to visit the venue one day before the On-line Examination to Confirm the Location so that you are able to report **on time** (as printed on the Hall ticket) on the day of the examination. In No case, **Late comers are not allowed at the Centre.**
3. The Hall ticket should be brought with you to the Examination Venue along with your recent pass port size photograph duly pasted on it. **(The photograph pasted on the Hall Ticket should preferably the same photograph you have scanned and uploaded for filling in the on line form.)**
4. Candidates must preserve their original Hall Ticket with them for verification at the time of admission in the college/Department, but they must submit self- attested photocopy of the Hall-Ticket along with Original Hall ticket at the time of CET Examination
5. You must scrupulously follow the instructions of the Test Administrator and **CET CELL Representative/ Venue Officer** at the examination venue. If you violate the instructions you will be disqualified and will be asked to leave the Examination Venue.
6. No use of calculators (separate or with watch) books, or written notes, cell phones (with or without camera facility) , or any other electronic device will be allowed during the Examination.
7. Candidates should bring their Hall Ticket with their photo affixed thereon with currently **valid photo identity proof in original as detailed in Identity Verification Part (8). THIS IS ESSENTIAL.**
8. Identity of the candidate will be checked against the Photo and Name. Photo should exactly match, hence candidates are advised to use and upload their recent photo with specifications detailed above. Director of Higher Education Representatives Venue Officer's decision on allowing/disallowing the candidate will be final and binding on the Candidate.
9. Your responses (answers) will be analyzed with other candidates to detect patterns of similarity of right and wrong answers. If in the analytical procedure adopted in the regard, it is inferred/ concluded that the responses have been shared and scores obtained are not genuine/valid, your candidature may be cancelled. Any candidate who is found copying or receiving or giving assistance or engaging in any behavior unbecoming
10. of a candidate will not be considered or assessment. The CET CELL may take further action against such candidates as deemed fit by it.
11. Candidate should bring with him/her a ball point pen. A sheet of paper will be provided which can be used by the candidate for rough work or taking down the question number you would like to review at the end of the test before submitting your answers. After the test is over you **MUST HAND OVER THIS SHEET** of paper to the Test Administrator before leaving the venue.
12. The possibility of occurrence of some problem in the Administration of the Examination cannot be ruled out completely which may impact test delivery and/or result from being generated. In that event, every effort will be made to rectify such problem, which may include movement of candidates, delay in test. Conduct of a re-examination is at the absolute discretion of the Test Conducting Body. **Candidates will not have any claim for the re-test.** Candidates not willing to move or not willing to participate in the delayed process of the test delivery shall be summarily rejected from the process.
13. **If the examination is held in more than one session, the scores across various sessions will be equated to adjust for slight differences in difficulty level of different**

test batteries used across sessions. More than one session are required if the nodes capacity is less or some technical disruption takes place at any centre or for any candidate.

14. Anyone found to be disclosing, publishing, reproducing, transmitting, storing or facilitating transmission and storage of test contents in any form or any information therein in whole or part thereof or by any means verbal or written, electronic or mechanical or taking away the papers supplied in the examination hall or found to be unauthorized possession of test content is likely to be prosecuted.
15. Instances for providing incorrect information and or process violation by the candidate detected at any stage of the Admission process will lead to disqualification of the candidate from the selection process. And he/she will not be allowed to appear in any admission process in the future. If such instances go undetected during the current Admission Process but are detected subsequently, such disqualification will take place with retrospective effect.

19.1 Important Points to Remember:

You are advised to bring with you:

- a) Hall ticket with affixed photo and valid Photo ID card in **ORIGINAL**
- b) Original Proof for Change in Name if any
- c) One ball point Pen one Blank paper
- d) Filled in Scribe Declaration Form (if you are using Scribe/ if applicable)

19.2 Other Guidelines

1. Applicants are advised in their own interest to apply on-line much before the closing date and not to wait till the last date to avoid the possibility of disconnection/inability/ failure to log on to the Note website on account of heavy load on internet/website jam. CET/ DHE takes no responsibility for applicants not being able to submit their applications online within the last date on account of aforesaid reasons or for any other reason beyond the control of the CET/ DHE.
2. Any information submitted by an applicant in his/her application shall be binding on the applicant personally and he/she shall be liable for prosecution/ civil consequences in case the information/details furnished by him/her are found to be false at a later stage.
3. DHE shall not be responsible for any application made/ wrong information provided by an unauthorized person/institution. **Applicants are advised not to share/mention their application details with/to anyone.**
4. Candidates are advised to download and read the detailed guidelines for filling in online application.
5. In no case the request for change of venue, centre, time slot will be entertained.
6. Candidates are directed to carry original Photo ID proof like, Aadhar Card, PAN Card, Driving Licence, Latest College ID of the current Academic Year at the CET centre, failing to produce the same will disqualify the candidate and will not be allowed to appear for the Examination. Candidate is requested to refer to the complete details mentioned in 12. Identity Verification.
7. **Candidates are advised to go through the detailed admission rules of the CET Examination they are going to appear before filling in the Form.**
8. **Candidates are expected to use Mouse of the computer and click the proper answer of the CET Questions. Not much computer knowledge and proficiency is expected from the candidates. Hence candidates have nothing to be afraid of On Line Examination.**

20. LEGAL JURISDICTION:

All disputes pertaining to the conduct of examination and selection shall fall within the jurisdiction of Courts, at Mumbai only. The Commissioner State CET CELL shall be the Legal Person in whose name the Government of Maharashtra may sue or may be sued.

21. Post CET Process:

The candidates are advised to visit <http://mped.mhpravesh.in> for various Notifications, Government Resolutions and for Post CET Centralized Admission Process link for which will be provided on <http://mahacet.org> and <http://dhepune.gov.in>

- Details about Subject-Method wise seat Distribution, Seats in Colleges of Education, Facilities in Colleges of Education, NAAC, NCTE status of the Colleges/Departments, Internal Reservation for Physically Challenged and Ex-and Active Servicemen and Time Table of Admission, Fee Structure in colleges will be made available in the Common Admission Procedure(CAP) Information Brochure, which candidates and Institutions will be required to download.

Wish You Good Luck!

STATE CETCELL & DIRECTORATE OF HIGHER EDUCATION, PUNE

22. How to fill up M.P.ED CET Form

First Scan your Photo and Signature separately as per the directions given in the Information Brochure and save it on your PC's Desktop, and then follow the following steps.

Step 1 : Go to website :----- <http://www.dhepune.gov.in/>

Step 2 in the left hand side you will find : **E-Governance@DHE**

Under that you will find:

Higher Education CET Under Commissioner State CET Cell Mumbai

Step 3 Click on that that will take you to the page:

Higher Education CETS under Commissioner, State CET CELL, Mumbai page.

Step 4 Click on the link **M.P.Ed CET Application.**

Step 5: You go to the form filling site.

Click on: **Click here for New Registration**

Step 6. Register yourself by filling in the details.

Step 7. Already registered candidates should:

Login in by filling in details for already Registered Candidates

Step 8. Validate your filled in details

Step 9. Save and Submit form

Step 10 Take print out of the Form.

Step 11. If you have any problem: kindly send mail to:

1) registration_helpdesk@ibps.org 2) maharashtra.cetcell@gmail.com

YOU CAN SEND SCREENSHOTS TO ABOVE both E-MAIL ADDRESSES, IF YOU FACE ANY DIFFICULTY. In case of Emergency call on--- 022-26473719 during Office Hours on all working days.

STATE CETCELL & DIRECTORATE OF HIGHER EDUCATION ,PUNE