

UNIVERSITY OF ALLAHABAD
DEPARTMENT OF PHYSICAL EDUCATION

ELIGIBILITY & ADMISSION PROCEDURE FOR MASTER OF PHYSICAL EDUCATION
(TWO YEARS- FOUR SEMESTERS M.P.ED.)

1. Intake

- 1.1. There shall be basic unit of 40 (forty) students for each year reservation as per university rules.
- 1.2. EW/ TW and Sport quota as per University norms.

2. Eligibility for Admission:

- 2.1. A candidate shall be eligible to appear in Admission Test if he /she have passed-

A Bachelor of Physical Education (B.P.Ed.) **Or** equivalent **Or** Bachelor of Science (B.Sc.) in Health and Physical Education with at least 50% marks for General and 45% marks for SC/ST/ OBC candidates and those sports persons who have represented India in International Championship **OR** who have won positions during last three academic sessions in the National/ Intersarsity Championships, being listed in Association of Indian Universities (AIU) and Indian Olympic Association (IOA).

Note-

An eligible candidate if she is married women shall be eligible to appear in Admission Test for admission to M.P.Ed course. In case, a Women candidate gets pregnant and reaches the stage of expectance during the course, she will have to discontinue her studies for at least one academic year. She can join back afresh from the beginning of the semester keeping the guidelines pertaining to the maximum duration of the course in mind.

3. Admission Procedure:

Admission shall be made on merit only from the qualified candidates on the basis of marks obtained in the Admission test strictly, depending upon the availability of seats, as per the rules of the Department of Physical Education, University of Allahabad. Eligible candidates will be required to attend the Admission test (Equal weightage to 3.1 & 3.2) in the following manner:

3.1. Written Test

The written test will based on objective type question (multiple choice) of ninety minutes/ AU rules duration based on the B.P.Ed. Syllabus (**ANNEXURE –B1**).

3.2. Physical Fitness Test

Physical Fitness Test (PFT): Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk.

Note: -

#In service candidate has produced certificate of “Leave being granted” for the period of ‘two’ years from his/her employer at the time of and should produce the relieving no objection order at the time of admission.

No bonus marks are provided for the candidates appearing for M.P.Ed.

Woman Candidates: Married woman is eligible for admission in M.P.Ed. However, if she gets pregnant during course, she will have to discontinue her studies for at least one academic year. She can join back afresh from the beginning of the semester keeping the guidelines pertaining to the maximum duration of the course in mind.

The candidate should submit a medical certificate through registered Government Medical Officer just before the PFT.

Admission is granted to the **candidates at their own risk and responsibility, as well as, risk of injury**, the University shall not have any responsibility in the event of any such miss happening taking place. The University will not be responsible for any compensation arising out of injury during the normal course of study.

The candidates should wear proper sports wears and shoes during PFT.

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ANNEXURE-B1

SYALLABUS FOR MPEd ADMISSION TEST

1. Introduction, Foundation and Management of Physical Education
 - 1.1 Aims and objectives of Education and Physical Education and Contribution of Physical Education.
 - 1.2 Biological, Psychological and Sociological Principles and their Application in Physical Education.
 - 1.3 Different Schools of Philosophy and their relevance to Physical Education.
 - 1.4 Meaning, Phases, Nature and Importance of Management.
 - 1.5 Location, Preparation, Layout and Maintenance of Play Fields Construction, care and Maintenance of Gymnasium and Swimming Pool.
 - 1.6 Equipments in Physical Education Criteria of selection, procedure of purchase, care and maintenance of equipments.
 - 1.7 Intramural and Extramural Programmes.
 - 1.8 Budget for Physical Education- Budget making and accounting.

- 2- Health Education
 - 2.1 Definition of Health and Description of its components.
 - 2.2 Definition, Scope and Principles of Health Education.
 - 2.3 Health Problems in India.
 - 2.4 School Health Programme
 - 2.5 Nutrition, Assessment of Nutrition, Classification of Food, Balance Diet.

- 3- Anatomy, Physiology and Physiology of Exercise
 - 3.1 Essential properties of Living Matter.
 - 3.2 Cell, Tissues, Organs and Systems- Structure and Function
 - 3.3 Study of following systems and processes with a view to understand the effect of exercise on Different systems of the Body.
 - 3.3.1 Cardio- Vascular System
 - 3.3.2 Respiratory System
 - 3.3.3 Nervous System
 - 3.3.4 Metabolism and Temperature Regulation
 - 3.3.5 Sensory System

- 4- Educational Methods and Educational Technology
 - 4.1 Teaching Technique in Education
 - 4.2 Principles of Teaching, Commands and Class Management
 - 4.3 Lesson Planning- Physical Education and Coaching Lessons
 - 4.4 Tournaments- Knockout, League, Combination and Challenge types.
 - 4.5 Audio- Visual aids- values, criteria for selection and suggestion for use.
 - 4.6 Presentation Techniques in Physical Education.
 - 4.7 Micro Teaching, Simulation Teaching.
 - 4.8 Definition of Components of an Instruction System, Advantages of System approach.

- 5- Educational Psychology
 - 5.1 Growth and Development, types of learning, principles of learning, Learning use.
 - 5.2 Factors of learning and theories of learning.
 - 5.3 Individual Differences
 - 5.4 Personality (Meaning & Memory)
 - 5.5 Memory & Types of Memory.

- 6- Kinesiology and Corrective Physical Education
 - 6.1 Types of Joints & Muscles.
 - 6.2 Major Terminologies of Fundamental Movements.
 - 6.3 Location and Action of Major Muscles.

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- 6.4 Motor Unit and all & Non- Law.
- 6.5 Reciprocal Innervation.
- 6.6 Equilibrium and Friction.
- 6.7 Prevention of Injuries.
- 6.8 Massage
- 6.9 Postural Deformities
- 6.10 Therapeutic Exercises
- 6.11 Rehabilitation of Sport Injuries.

7- Test & Measurements

- 7.1 Test, Measurements, Evaluation, Statistics, Their Meaning
- 7.2 Measures of Central Tendency, Measures of Variability.
- 7.3 Percentile and correlation
- 7.4 Criteria of Test Selection
- 7.5 Motor Fitness tests, Skill Tests of different Games & Sports

8- Sports Training

- 8.1 Meaning, Definition and Principles of Sports Training
- 8.2 Definitions, types and factors of training load.
- 8.3 Meaning and Classification of speed, strength and endurance.
- 8.4 Training method of speed, strength and endurance.
- 8.5 Definition and method of teaching training.
- 8.6 Meaning, types & importance of periodization.

9. General Knowledge/ Awareness with special reference to Major Games/Sports (AIU/ IOC listed), Reasoning etc.

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MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE

50 METERS SPRINT

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
5.7 & Below	100	8.6	38	6.7 & Below	100	9.6	38
5.8	97	8.7	37	6.8	97	9.7	37
5.9	95	8.8	36	6.9	95	9.8	36
6.0	93	8.9	35	7.0	93	9.9	35
6.1	90	9	34	7.1	90	10	34
6.2	87	9.1	33	7.2	87	10.1	33
6.3	85	9.2	32	7.3	85	10.2	32
6.4	83	9.3	31	7.4	83	10.3	31
6.5	80	9.4	30	7.5	80	10.4	30
6.6	77	9.5	29	7.6	77	10.5	29
6.7	75	9.6	28	7.7	75	10.6	28
6.8	73	9.7	27	7.8	73	10.7	27
6.9	70	9.8	26	7.9	70	10.8	26
7.0	68	9.9	25	8.0	68	10.9	25
7.1	66	10	24	8.1	66	11	24
7.2	64	10.1	23	8.2	64	11.1	23
7.3	62	10.2	22	8.3	62	11.2	22
7.4	60	10.3	21	8.4	60	11.3	21
7.5	58	10.4	20	8.5	58	11.4	20
7.6	56	10.5	19	8.6	56	11.5	19
7.7	54	10.6	18	8.7	54	11.6	18
7.8	52	10.7	17	8.8	52	11.7	17
7.9	50	10.8	16	8.9	50	11.8	16
8.0	48	10.9	15	9.0	48	11.9	15
8.1	46	11	14	9.1	46	12	14
8.2	44	11.1	13	9.2	44	12.1	13
8.3	42	11.2	12	9.3	42	12.2	12
8.4	40	11.3	11	9.4	40	12.3	11
8.5	39	11.4 & above	10	9.5	39	12.4 & above	10

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ANNEXURE-B2

**MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE**

STANDING BROAD JUMP

Men		Women	
Distance (Meters)	Points	Distance (Meters)	Points
2.80 and above	100	2.30 and Above	100
2.75-2.79	96	2.25-2.29	96
2.70-2.74	92	2.20-2.24	92
2.65-2.69	88	2.15-2.19	88
2.60-2.64	84	2.10-2.14	84
2.55-2.59	80	2.05-2.09	80
2.50-2.54	77	2.00-2.04	77
2.45-2.49	74	1.95-1.99	74
2.40-2.44	71	1.90-1.94	71
2.35-2.39	68	1.85-1.89	68
2.30-2.34	65	1.80-1.84	65
2.25-2.29	62	1.75-1.79	62
2.20-2.24	59	1.70-1.74	59
2.15-2.19	56	1.65-1.69	56
2.10-2.14	53	1.60-1.64	53
2.05-2.09	50	1.55-1.59	50
2.00-2.04	48	1.50-1.54	48
1.95-1.99	46	1.45-1.49	46
1.90-1.94	44	1.40-1.44	44
1.85-1.89	42	1.35-1.39	42
1.80-1.84	40	1.30-1.34	40
1.75-1.79	38	1.25-1.29	38
1.70-1.74	36	1.20-1.24	36
1.65-1.69	34	1.15-1.19	34
1.60-1.64	32	1.10-1.14	32
1.55-1.59	30	1.05-1.09	30
1.50-1.54	28	1.00-1.04	28
1.45-1.49	26	0.95-0.99	26
1.40-1.44	24	0.90-0.94	24
1.35-1.39	22	0.85-0.89	22
1.30-1.34	20	0.80-0.84	20
1.25-1.29	19	0.75-0.79	19
1.20-1.24	18	0.70-0.74	18
1.15-1.19	17	0.65-0.69	17
1.10-1.14	16	0.60-.064	16
1.05-1.09	15	0.55-0.59	15
1.04 and Below	14	0.54 and Below	14

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ANNEXURE-B2

MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE
OVERHEAD BACK THROW

Men (3 Kg.)		Women (2 Kg.)	
Distance (Meters)	Points	Distance (Meters)	Points
15.00 and above	100	12.50 and above	100
14.50	94	12.00	94
14.00	89	11.50	87
13.50	84	11.00	81
13.00	79	10.50	76
12.50	74	10.00	71
12.00	69	9.50	66
11.50	66	9.00	61
11.00	63	8.50	57
10.50	60	8.00	53
10.00	57	7.50	49
9.50	54	7.00	45
9.00	51	6.50	41
8.50	48	6.00	38
8.00	45	5.50	35
7.50	42	5.00	32
7.00	39	4.50	29
6.50	36	4.00	26
6.00	33	3.50	23
5.50	30	3.00 and below	20
5.00	28		
4.50	26		
4.00	24		
3.50	22		
3.00 and below	20		

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ANNEXURE-B2

**MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE**

1000 METERS RUN / WALK

Men				Women			
Timing (Sec)	Points	Timing (Sec)	Points	Timing (Sec)	Points	Timing (Sec)	Points
2:50 & Below	100	3:31-3:32	59	3:50 & Below	100	4:31-4:32	59
2:51	99	3:33-3:34	58	3:51	99	4:33-4:34	58
2:52	98	3:35-3:36	57	3:52	98	4:35-4:36	57
2:53	97	3:37-3:38	56	3:53	97	4:37-4:38	56
2:54	96	3:39-3:40	55	3:54	96	4:39-4:40	55
2:55	95	3:41-3:42	54	3:55	95	4:41-4:42	54
2:56	94	3:43-3:44	53	3:56	94	4:43-4:44	53
2:57	93	3:45-3:46	52	3:57	93	4:45-4:46	52
2:58	92	3:47-3:48	51	3:58	92	4:47-4:48	51
2:59	91	3:49-3:50	50	3:59	91	4:49-4:50	50
3:00	90	3:51-3:52	49	4:00	90	4:51-4:52	49
3:01	89	3:53-3:54	48	4:01	89	4:53-4:54	48
3:02	88	3:55-3:56	47	4:02	88	4:55-4:56	47
3:03	87	3:57-3:58	46	4:03	87	4:57-4:58	46
3:04	86	3:59-4:00	45	4:04	86	4:59-5:00	45
3:05	85	4:01-4:02	44	4:05	85	5:01-5:02	44
3:06	84	4:03-4:04	43	4:06	84	5:03-5:04	43
3:07	83	4:05-4:06	42	4:07	83	5:05-5:06	42
3:08	82	4:07-4:08	41	4:08	82	5:07-5:08	41
3:09	81	4:09-4:10	40	4:09	81	5:09-5:10	40
3:10	80	4:11-4:12	39	4:10	80	5:11-5:12	39
3:11	79	4:13-4:14	38	4:11	79	5:13-5:14	38
3:12	78	4:15-4:16	37	4:12	78	5:15-5:16	37
3:13	77	4:17-4:18	36	4:13	77	5:17-5:18	36
3:14	76	4:19-4:20	35	4:14	76	5:19-5:20	35
3:15	75	4:21-4:22	34	4:15	75	5:21-5:22	34
3:16	74	4:23-4:24	33	4:16	74	5:23-5:24	33
3:17	73	4:25-4:26	32	4:17	73	5:25-5:26	32
3:18	72	4:27-4:28	31	4:18	72	5:27-5:28	31
3:19	71	4:29-4:30	30	4:19	71	5:29-5:30	30
3:20	70	4:31-4:33	29	4:20	70	5:31-5:33	29
3:21	69	4:34-4:36	28	4:21	69	5:34-5:36	28
3:22	68	4:37-4:39	27	4:22	68	5:37-5:39	27
3:23	67	4:40-4:42	26	4:23	67	5:40-5:42	26
3:24	66	4:43-4:45	25	4:24	66	5:43-5:45	25
3:25	65	4:46-4:48	24	4:25	65	5:46-5:48	24
3:26	64	4:49-4:51	23	4:26	64	5:49-5:51	23
3:27	63	4:52-4:54	22	4:27	63	5:52-5:54	22
3:28	62	4:55-4:57	21	4:28	62	5:55-5:57	21
3:29	61	4:58-5:00	20	4:29	61	5:58-6:00	20
3:30	60	5:01 and Above	19	4:30	60	6:01 and Above	19