

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER
SYLLABUS FOR COMPETITIVE EXAMINATION FOR THE
POST OF PHYSICAL TRAINING INSTRUCTOR
SANSKRIT COLLEGE EDUCATION DEPARTMENT

PAPER – I

Unit -I:

Physical education and adapted physical education, their objectives, philosophies of education as applied to physical education.

Development of Physical education in Greece, Rome, Sweden, Russia, England, Denmark, Germany, USA, Australia and China.

Growth and development of physical education in India.

Recreation- its principles, characteristics and importance. Modern trends in recreation. Indoor and outdoor recreational programmes. Recreational programmes for various categories of people.

Wellness- its importance, benefits and challenges. Development and maintenance of wellness.

Teaching Aptitude – nature, objectives, characteristics of teaching, learner characteristics and teaching methods.

Social aspects of sports- sports as a socializing agency, social values, sports leadership, sports as cultural heritage and social aspects of competition.

Ancient & Modern Olympics games, Asian, Commonwealth games and Paralympics.

Yoga: Asanas, Pranayams, Kriyas & Mudras.

General Knowledge of Sports and its Current Affairs: Athletics, Basketball, Badminton, Cricket, Soccer, Gymnastics, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Tennis, Swimming, Table-Tennis, Volleyball, Wrestling, Weightlifting, Boxing.

Structure and functions of international and national bodies controlling various games and sports. Prominent honours and awards in games and sports.

Unit -II:

Health- its objectives and spectrum. Health education, its importance and principles. Role of genetics and environment in achieving health. Health-related physical fitness.

Community health programme- Health appraisal & health instructions. International and national health promoting government & private agencies.

School Health programme and personal hygiene.

Communicable diseases: causes, symptoms, prevention through other means and Immunization.

Psychosomatic disorders/ sedentary life style diseases: causes, symptoms and

prevention. Obesity related health problems. Body weight control and its significance on health. Role of exercise and dieting on weight control.

First-aid- objectives and principles. First-aid for Shock, poisoning, burns, drowning, bleeding, electric shock and common sports injuries.

Pollution- Air, water, sound and radiation. Effects of pollution on health, Preventive and safety measures from pollution.

Nutrition- Balanced diet and its components. Nutritional Deficiencies. Understanding of malnutrition and nutritional supplements.

Effects of smoking, alcohol & drugs on health; prevention and rehabilitation.

Role of WADA & NADA.

Unit - III:

Test, measurement and evaluation- their types and importance in physical education and sports. Principles and processes of evaluation in physical education. Criteria of selecting an appropriate test and administration of testing programme.

Types of tests and construction of standard knowledge and skill tests. Tests for fitness- Physical fitness, motor fitness, motor ability and motor educability.

Health related fitness tests. Test for fitness components- strength, endurance, speed, flexibility and coordinative abilities. Sports skill tests- Badminton, Basketball, Soccer, Hockey, Tennis, Volleyball and Cricket.

Anthropometric Measurements- land marks and measurement of various body segments, height, sitting-height, weight, diameters, circumferences, skinfolds, body mass index, ponderal index. Somatotype and Posture evaluating techniques.

Testing of physiological phenomena- Blood pressure, breathing frequency, vital capacity, heart rate, pulse rate, body temperature and body composition.

Tests for psychological variables- Anxiety, aggression, team cohesion, achievement motivation, mental-toughness and self-efficacy.

Unit -IV:

Sports training- its characteristics and principles. Training load, its features, principles and adaptation process. Means and methods of executing training load. Overload, its Causes, symptoms and remedial measures.

Motor Components: Strength, Endurance, Speed, Flexibility, Coordinative abilities, their characteristics, types, factor determining and development.

Technique and skill- its characteristics and importance. Different stages of technique development and technique training. Tactics and strategy.

Planning- its importance and principles. Types of planning.

Periodization- its importance, objectives and types of periodization. Concept of different periods - Preparatory, competition and transitional. Types of Competition.

Talent identification- process and procedure.

U nit -V:

Development of teacher education for physical education in India. Comparative study of professional preparation in physical education of India with those of USA, Russia, Germany, Australia and UK.

Professional and other courses of physical education in India. Role of Government agencies monitoring professional courses in physical education.

Qualities, qualifications and responsibilities of physical education personnel at primary, secondary and higher education levels. Scope of physical education personnel in the promotion of health, fitness and wellness.

Recent Government policies, New Schemes & Initiatives taken recently for promoting physical education and sports in India with special reference to Rajasthan.

Hierarchy of organizational set-up in physical education at schools, colleges and university level. Role of public & private sectors in the promotion of physical education and sports in the country.

Curriculum development- Concepts and principles of curriculum planning. Subject matter for different levels of education - primary, secondary and higher education. Curriculum design and content- importance, selection and classification of subject matter with reference to age, sex and differently abled pupils. Integrated programme for boys and girls. Curriculum evaluation: Concepts and purpose; procedure and appraisal.

Teaching aids -Instructional Design, Time-table, Concepts, credit system for various subject courses- theory and practical, Impact of technology in physical education and sports.

Note: - Pattern of Question Paper

1. Objective type paper
2. Maximum Marks: 75
3. Number of Questions: 150
4. Duration of Paper: Three Hours
5. All questions carry equal marks.
6. There will be Negative Marking.
7. Medium of Competitive Exam: Bilingual in English & Hindi.