

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS OF COMPETITIVE EXAMINATION FOR THE POST OF COACH (SCHOOL EDUCATION) (ATHLETICS/BASKETBALL/VOLLEYBALL/ HANDBALL/KABADDI/ TABLE TENNIS)

PAPER – II

Part-I: Knowledge of Physical Education & Sports: -

Section A

- Physical Education: Introduction, Definition, Aims, Objectives, Scope, Need, Importance and other terms- Wellness, Health education and Recreation.
- Misconceptions about Physical Education and Modern Concepts of Physical Education.
- Biological Foundation: Heredity and Environment, Chronological, Anatomical, Physiological and Mental Ages, Body Types/Classification.
- Psychological Foundation: Play and their Theories, Growth and Development, Principles of Motor –Skill Acquisition, Transfer of Training Effects.
- Sociological Foundation: Traditions, Leadership, Group Dynamics, Socialization and Social Interaction, Competition and Cooperation, Sports as Cultural Heritage, Women and Sports.
- Media and Sports, Spectators and Administrators.
- Philosophical Foundation: Idealism, Pragmatism, Naturalism and Realism.
- Physical Fitness, Health related Fitness: Warming up, Limbering down, Aerobic and Anaerobic Activities, Calisthenics and Rhythmic Exercises.

Section B

- Exercise programme for the Development of the Following Muscles of the Body: Chest, Abdomen, Back, Neck, Arm, Shoulder, Thigh and Calf.
- Kinesiology and Bio-Mechanics.
- Law of Motion, Lever, Force, Center of Gravity, Equilibrium and their relationship with Sports, Body Composition, Body-Mass Index.
- Posture and Common Postural Deviations/deformities.
- Therapeutic Modalities in Rehabilitations.
- Sports Massage: History, Approach, Effect and Types of Massage Manipulations.
- Olympic Movement: Historical development of ancient and modern Olympic Games.
- Paralympics- History, Types of Classification.
- Pre and Post Independence History of Physical Education in India.
- SAI and NSNIS and other Coaching Institutes of India.
- 12 verticles of Khelo India Scheme.
- Khelo Bharat Neeti-2025.

Section C

Organization, Administration and Management in Physical Education and Sports:

- Qualification and Responsibility of Physical Education Teacher/Coach.
Budget, Record and register.

- Organization Structure of Athletic Meet and Planning of Intra Mural and Extra Mural of Tournament.

Part-II: Sports Sciences: -

Section A

- Physiology of Muscular Activity, Neuro muscular system and Movement Mechanism.
- Types of Muscle Fibres.
- Physiology of Respiration and Blood Circulation
- Bioenergetics and Recovery Process.
- Ergogenic Aids and Doping.
- Second Wind, Oxygen-Debt, VO_2 max.
- ATP, CP, Aerobic and Anaerobic metabolic process of exercise.

Section B

- Joints and their Movements-Planes and Axes, Kinesthetic Sense.
- Mechanical Analysis of Fundamental Movements: Running, Jumping, Throwing, Receiving, Pulling & Pushing.
- Learning Process, Theories and Laws of Learning, Transfer of Training.
- Motivation: Theories and Dynamics of Motivation in Sports, Techniques of motivational Enhancement.
- Personality, its Dimensions, Theories, Personality and Performance.
- Psychological factors affecting Sports Performance viz., Stress, Anxiety, Aggression and Goal setting.
- Psychological Preparation in Sports.
- Theory of Arousal-performance relationship, technique of arousal regulation.
- Role of Macro and Micro nutrients in sports.
- Balance a specific diet for sports person and sports person with special needs.

Part-III: General Theory and Method of Training: -

Section A

- Sports Training: Aims, Objectives, Principles and Characteristics.
- Training-Means and Methods.
- Training- load, Adaptation and Recovery.
- Periodisation.
- Motor Fitness: Meaning, Types, Principles and Methods of Developing.
- Technical and Tactical Preparation for Sports.

Section B

- Short and long term training plans.
- Sports talent identification process.
- Preparation for competition: build up competition, main competition, competition frequency.
- Coaching and Officiating: Meaning, Importance and Principles.
- Lead-up games activities.
- Evaluation of physical fitness test.

Part-IV: Specific Knowledge of Games/Sports and its current affairs: (Choose one Game/Sport from the following part of your Coaching/ Specialization)

(a) Athletics (b) Basketball (c) Volleyball (d) Handball (e) Kabaddi (f) Table Tennis

Section A

- History of respective Games/Sports (National and international level).
- Latest Rules and their Interpretations of above Games/Sports.
- Tactics and Strategy of above Games/Sports.
- Fitness (AAHPER Test, Motor Fitness Test, Indiana Test, JCR Test, Cooper Test, Harvard step Test and Bronco Test)
- Skill tests of respective Games/Sports.
- Factors influencing Performance in sports.
- Coaching Practice.
- Types of tournaments and its organizational Structure: -
Knock-out, League or Round Robin, Combination Tournament, Challenge Tournament.
- Tournament Preparation and analysis of technologies.
- Organization and Management of Competition of above Games/Sports.
- Mechanics of Officiating of above Games/Sports.

Section B

- Measurement of Play Fields and Specifications of Sports Equipment of above Games/ Sports.
- Fundamental Skills of above Games/Sports.
- Related sports terminologies of above Games/Sports.
- First Aid, Sports Injuries related to Games.
- Important tournaments and Venues of above Games/Sports.
- Sports Personalities of above Games/Sports.
- Sports Awards of above Games/Sports.
- Sports Associations or Federations of above Games/Sports.

For the competitive examination for the post of **Coach: -**

1. The question paper will carry maximum **300 marks**.
2. Duration of question paper will be **Three Hours**.
3. The question paper will carry **150 questions** of multiple choices out of which, a candidate has to choose **only one Game/ Sports** of his specialization from **Part IV**.
4. Negative marking shall be applicable in the evaluation of answers. For every wrong answer one third of the marks prescribed for that particular question shall be deducted.
5. Paper shall include following subjects: -
 - (i) Knowledge of Physical Education & Sports.
 - (ii) Sports Sciences.
 - (iii) General Theory and Method of Training.
 - (iv) Specific Knowledge of Games/Sports and its current affairs.