

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

SYLLABUS OF COMPETITIVE EXAMINATION FOR THE POST OF LECTURER (SCHOOL EDUCATION)

PHYSICAL EDUCATION

PAPER – II

1. General Knowledge of Physical Education of Secondary and Senior Secondary Standard:

- Physical Education: Meaning, Aims, Objectives, Scope, Need and Importance.
Misconceptions about Physical Education and Modern Concept of Physical Education.
Biological Foundation: Heredity and Environment, Chronological, Anatomical, Physiological and Mental ages. Body types/Classification, Second Wind, Oxygen-debt and Kinesthetic Sense and VO_2 Max.
Psychological Foundation: Learning, Theories and Laws, Learning Plateau, Transfer of learning.
Sociological Foundation: Traditions, Leadership, Group Dynamics, Socialization and Social Interaction.
Philosophical Foundation: Idealism, Pragmatism, Naturalism, Realism, Existentialism and Humanism.
- Physical Fitness, Wellness: Warming up, Limbering down, Conditioning, Aerobic and Anaerobic Activities, Calisthenics and Rhythmic Exercises.
Changing Trends and Career Options in Physical Education.
Exercise Programme for the Development of Whole Body.
- Test, Measurement and Evaluation in Physical Education.
 - Criteria of test selection
 - Physical and motor fitness test
 - Anthropometric test
- Sports Biomechanics and Kinesiology: - Planes, Axis, origin, insertion and action of the major muscles of the body, Law of motion, lever, equilibrium, force, projectile and Aerodynamics.
- Women Participations in Sports.
Games and Sports as Cultural Heritage.
Posture and Common Postural Deformities.
Therapeutic Modalities in Rehabilitations.
Ergogenic Aids and Doping in Sports.
Sports Massage: History, Approach, Effect and Types of Massage Manipulations.
Prevention and First Aid for Common Sports Injuries.

2. General Knowledge of Sports, Physical Education and its Current Affairs:

Games/Sports: Athletics, Basketball, Badminton, Chess, Cricket, Football, Gymnastic, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Tennis, Swimming, Table Tennis, Volleyball and Wrestling, Weight-Lifting, Softball, Boxing, Wushu.

- History of respective Game/Sports at International and National level.
Latest General Rules and Skill Test of above Games & Sports.
Measurement of Play Fields and Specifications of Sports Equipment of above Game / Sports.
Fundamental Skills of above Games / Sports and their Strategies and Tactics.
Related sports terminologies of above Games / Sports.
- Proper Sports Gear of above Games/sports, Competition/ Tournament, Specific Sports Programme: Sports Day.
Sports Personalities and Awards.
Adventure Sports- Rock Climbing, Trekking, Mountaineering, River Rafting.
Sports Associations and Federations.
Ancient and Modern Olympic Games and Paralympics, Winter and Youth Olympics, Commonwealth games Asian games.
- **Research Methodology and Information Communication Technology:**
Research- Meaning, Definition, selection of Problem, Statistical Techniques (F test, T Test, Z Test, ANOVA, SPSS).
Information Communication Technology- Communication and Classroom Introduction, Teaching Learning Process (MS Office/ Excel).
- **Khelo Bharat Neeti-2025 and its characteristics.**
- **National Curriculum frame work for school education 2023** (in the light of physical education).

3. Theories, Definitions and History of Physical Education:

- History of Physical Education in India: Pre and Post Independence period.
Physical Education in the City/States of Greece and other Countries.
- Contribution to the Growth of Physical Education by Leaders and Movements of following Leaders: Baren P. Coubertin, John Basedow, Guts Muths, H. C. Buck, G. D. Sondhi, Dr. P. M. Joseph, Prof. D. G. Wakharkar, Prof. Karan Singh and Prof. Ajmer Singh.
- SAI, NSNIS, LNIPE, HVPM, YMCA.
Khelo India & its verticals.
Rajasthan State Sports Council.

4. Education and Sports Psychology:

- Sports Psychology: Meaning, Definitions, Nature and Scope.
Growth and Development.
Stress, Anxiety, Aggression and their Management.

- Psycho-Physical Unity, Motivation, Personality.
Coping strategies, Self-Esteem and Body Images.
Psychological Benefits of Exercise.
Sports Ethics, Morality and Moral Values.

5. Methods, Supervisions and Organizations of Physical Education:

- Planning, Records and Register.
- Organization and Conduct of Competitions and Tournaments: Knock-Out, League, Combination and challenge or perennial type tournament.
Public relation: meaning, importance in physical education and sports.

6. Scientific Principals of Training:

- Sports Training: Principles, Characteristics and Methods.
Training Load Adaptation and Periodization; Importance, Objective, Types, Concepts of Different Periods, LTDP, STDP, Macro, Meso, Micro cycle, Development of gross Motor Movement.
Motor Fitness components-their types and developmental plans.
- Training Plans
- Coaching: Meaning, Techniques, Tactics and Lead-up Games Activities.
- Officiating: Meaning, Importance and Principles. Official/ Officials.
- Qualities, Qualifications & Responsibilities of Administrators/ Officials.

7. Basic and Systematic Human Anatomy, Exercise Physiology and Health Education:

- Anatomy: Meaning, Concept, Need and Importance in Physical Education & Sports.
Cell, Tissue and Organ System, Physiology of Sports.
Bones and Joints: Definition, Classification and Terminology of Movement around Joints.
Muscles: Types, Structure and Functional Classification, General Characteristics (Properties). Macro and Micro Structure of Skeletal Muscles, Sliding Filament Theories, Physiology of blood.
Exercise Physiology: Meaning, Need and Importance in Physical Education & Sports. Effects of Exercise on Body Systems, Bio-energetics.
- Health: Dimensions, Ecology, Spectrum, Determinants and Positive health, Hygiene, Community Health and Aspects of School Health Services.
Health Education: Concept, Objectives, Importance and Principles.
Sports, Nutrition, Balance Diet and Diet according to Sports Activities, Weight Management.
Health Problems in India.
Diseases: Communicable, Non-communicable and Hereditary. Effects of Alcohol, Tobacco & Drugs on Sportsperson.

8. Yoga, Camping and Recreation:

- Yoga: Meaning, Types, Stages, Scope, Objective, Significance.
- Patanjali's Philosophy- Chitt, Vrati, Abhyas, Panchkosh, Kriya yog, Asthang yog.
- Hath yoga followed by Hath Pradipika and Gherand Samhita and Shatkarma,
- Assana, Prayanam, Bandhas, Mudras it's Methods, Limitations & their Management.
- Recreation: Definition, Types, Scope, Significance, Philosophy and Objectives.
Theories of Play.
Agencies Offering Recreation, Facilities, Equipments and their Maintenance, Types of Recreational Activities.
- Camping: Scope, Significance and Types of Camps, Selection and Layout of Camp sites, Organization and Administration of Camps.

Paper – II Subject Concerned

1. The question paper will carry maximum **260 marks**.
2. Duration of question paper will be **Two hours**.
3. The question paper will carry **130 questions** of multiple choices.
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.

Explanation: Wrong answer shall mean an incorrect answer or multiple answers.

5. Paper shall include following subjects –

- (i) General Knowledge of Physical Education of Secondary and Senior Secondary Standard.
- (ii) General knowledge of Sports, Physical Education and its current affairs.
- (iii) Theories, Definitions and History of Physical Education.
- (iv) Education and Sports Psychology.
- (v) Methods, Supervisions and Organizations of Physical Education.
- (vi) Scientific Principals of Training.
- (vii) Basic and Systematic Human Anatomy, Exercise Physiology and Health Education.
- (viii) Yoga, Camping and Recreation.