

SYLLABUS

Part – I

GENERAL KNOWLEDGE AND CURRENT AFFAIRS (Marks: 10)

Part – II

ENGLISH (Marks: 10)

1. Parts of speech
2. Tenses
3. Types of sentences
4. Articles and prepositions
5. Degrees of Comparison
6. Direct speech and indirect speech
7. Clauses
8. Voice – Active and passive voice
9. Use of phrases
10. Comprehension of a prose passage
11. Composition
12. Vocabulary

CONTENT

Part – III

Principles, Philosophy and History of Physical Education (Marks: 15)

- (a) Meaning of the terms – Aims and Objectives – Aim and objectives of Physical Education, Meaning and Definition of Physical Education
- (b) Biological Principles: The biological basis of life; Growth and Development; principles of use, disuse and overuse – Body types – Ages of development.
- (c) Sociological Principles: Physical Education and Recreation as socializing factors – Cooperation and Competition; Character building and Personality development through Games and Sports.
- (d) History: Physical Education in Ancient Greece – Sparta, Athens – Ancient Rome – Germany, Ancient and Modern Olympic Movement. Historical development of Physical Education in India and status of various committees and their recommendations.

Part – IV

Organization and Administration of Physical Education (Marks: 12)

- (a) Meaning of the terms organization, Administration and supervision.
- (b) (i) Guiding Principles of Organization.
(ii) Physical Education Department set up in School, District and State.
- (c) Play fields – Construction and Maintenance – Equipment – Purchase and Care and Maintenance; Layout and Maintenance of swimming pool and Gymnasium.
- (d) Time-Table; Factors influencing time-table; Types of Physical Education Periods; Time allotment for Intra-Murals, Extra Murals, Play days, Demonstrations.
- (e) Budget and Accounting – Preparation and Administration of good budget.
- (f) Records and Registers – Types of Registers – Stock, Issue, Attendance, Physical Measurement and fitness record Cumulative Register.
- (g) Supervision – Meaning and need; Guiding principles of supervision.

Part – V

Psychology, Materials and Methods of Physical Education (Marks: 12)

- (a) Psychology : Meaning and Definition of Psychology – Definition of Sports Psychology, Development and stages – Motor development, Social development – Role of Maturation – Individual differences.

- (b) Play – Theories of Play
Learning – Kinds of Learning – Laws of Learning – Learning curve – Transfer of Training. Motivation – Meaning, definition and its importance.
- (c) Methods and Materials in Physical Education
- (i) Definition of Method and Material
 - (ii) Presentation techniques – Personal and Technical – Management of Class.
 - (iii) Methods of Teaching – Factors influencing method – Verbal Explanation, Demonstration, Explanation, Discussion and Supervision.
 - (iv) Lesson Planning – Types of Lessons – Objectives of Lesson Planning Values of lesson Plan.
 - (v) Tournaments – Types of Tournaments – Knock out, League and Combination – Fixtures for Tournaments – Knock-out League fixtures.
 - (vi) Classification – Classification of Students – Mc Cloys', Cozens, Tirunarayan and Hari Haran, School Games Federation of India students classification.
 - (vii) Characteristics of Good Test.
 - (viii) Training Methods
Definition of Training – importance of Training – Principles of Training – Types of Training Methods – Resistance, circuit, Interval and Continuous warning up types and cool down Fatigue – Types of Fatigue – Effect on sports performance;
Various Recovery methods and types of recovery.

Part – VI

Anatomy and Physiology and Kinesiology (Marks: 12)

- (a) Structure and Functions of cell.
- (b) Skeletal system
Bones – Axial and Appendicular Skeleton – Structure and Functions of bones – Types of bones – Effect of exercise on skeleton system.
- (c) Muscular system
Classification of Muscles – Effect of Exercise on Muscular system
- (d) Respiratory system
Structure of Human Respiratory system – Mechanism of Respiration – Effect of Exercise on Respiratory system.
- (e) Digestive system
Structure of human digestive system and process of digestion – Effect of exercise on digestive system.
- (f) Circulatory system
Constituents of Blood and its functions – Structure and Functions of Human Heart - Effect of Exercise on Circulatory system.
- (g) Excretory system
Structure and Functions of Kidneys and Skin – Effects of Exercise on Excretory system.
- (h) Nervous system
Structure and Functions of Human Brain and Spinal cord.
- (i) Kinesiology
Types of joints and Movements around joint. Origin, insertion and action of the muscles around joints.

Part – VII

Health Education, Safety Education and Physiology of Exercise (Marks: 15)

- (a) Definition of Health, Hygiene and Sanitation
- (b) Factors influencing Health – Heredity, Habits and Environment.
- (c) Factors influencing Physical and Mental Health.
- (d) Communicable diseases – Prevention and Control – Tuberculosis, Cholera, Malaria, Typhoid, Measles and Whooping cough.
- (a) Food and Nutrition – Essential Constituents of food – Proteins, CHO, Fats, Minerals, Vitamins – Balanced DIET – Under nutrition and malnutrition.

- (b) Posture – Definition – Values of Good Posture – Common Postural deformities – Kyphosis, Lordosis, Scoliosis, knocked – knees, Flat foot.
- (c) Coordinated School Health programme – Health Services, Health Instruction, Health Supervision and Health Record.
- (d) Safety Education – Safety on Road, Safety in the School, Safety on playfields.
- (e) Pollution – Air and Water Pollutions and their prevention and control.

Yoga:

- (a) Yoga – Definition, Meaning and Objectives.
- (b) Values of Streams of Yoga – Jnana, Bhakti, Karuna, Raja Yoga
- (c) Relationship of Yoga with Physical Education and Health.
- (d) Patanjali Ashtanga Yoga; Yama, Niyama, Asana, Pranayama, Prathyahasa, Dharma, Dhyana and Samadhi.
- (e) Pranayama – Meaning and importance; Stages of Pranayama.
- (f) Effect of yoga on sports performance.

Physiology of Exercise:

Warming up, Conditioning, Motor end plate, Glycolysis.

Part – VIII

Officiating and Coaching of Physical Education (Marks: 14)

- (a) Meaning and Principles of officiating
- (b) Duties of Referee / Umpires / Scorer's in various Games.
- (c) Athletics – Runs, Throws and Jumps
- (d) Marking, Rules, Signals and Systems of Officiating in the following Games; Volley Ball, Basket Ball, Kabaddi, Kho kho, Soft Ball, Ball Badminton, Hockey, Foot Ball, Cricket, Tennikoit, Hand Ball.