

## **Scheme and Syllabus for the post of Physical Director in Residential Educational Institution Societies**

### **Preliminary (Screening Test)**

#### **Scheme of Examination**

<b>Written Examination (Objective Type)</b>		<b>No. of Questions</b>	<b>Duration (Minutes)</b>	<b>Marks</b>
Paper	General Studies, General Abilities and Basic Proficiency in English	150	150	150

### **Syllabus**

**Paper: General Studies, General Abilities and Basic Proficiency in English**

#### **Section-I: General Studies**

1. Current Affairs – Regional, National & International.
2. Indian Constitution; Indian Political System; Governance and Public Policy.
3. Social Exclusion; Rights issues such as Gender, Caste, Tribe, Disability etc.and inclusive policies.
4. Society Culture, Civilization Heritage, Arts and Literature of India and Telangana
5. General Science; India's Achievements in Science and Technology
6. Environmental Issues; Disaster Management- Prevention and Mitigation Strategies and Sustainable Development.
7. Economic and Social Development of India and Telangana.
8. Socio-economic, Political and Cultural History of Telangana with special emphasis on Telangana Statehood Movement and formation of Telangana state.

#### **Section-II: General Abilities**

9. Analytical Abilities: Logical Reasoning and Data Interpretation.
10. Moral Values and Professional Ethics in Education.
11. Teaching Aptitude

### **Section – III: Basic Proficiency in English.**

i) School Level English Grammar:

Articles; Tense; Noun & Pronouns; Adjectives; Adverbs; Verbs;  
Modals; Subject-Verb Agreement; Non-Finites; Reported Speech;  
Degrees of Comparison; Active and Passive Voice; Prepositions;  
Conjunctions; Conditionals.

ii) Vocabulary:

Synonyms and Antonyms; Phrasal Verbs; Related Pair of Words;  
Idioms and Phrases; Proverbs.

iii) Words and Sentences :

Use of Words ; Choosing Appropriate words and Words often  
Confused; Sentence Arrangement, Completion, Fillers and  
Improvement; Transformation of Sentences ; Comprehension;  
Punctuation; Spelling Test; Spotting of Errors.

## **Main Examination Scheme and Syllabus for the post of Physical Director in Residential Educational Institution Societies**

### **Scheme of Examination**

<b>Written Examination (Objective Type)</b>		<b>No. of Questions</b>	<b>Duration (Minutes)</b>	<b>Marks</b>
Paper	Physical Education	150	150	300
Interview/ Demonstration /viva-voce				30
Total				330

### **Syllabus**

#### **Paper: Physical Education**

I. Meaning & Definitions of Physical Education, - Aims and objectives- Foundations of Physical Education – Biological, Philosophical, psychological and Sociological aspects; need and importance of physical education; philosophy of physical education; socialization process – sports as cultural heritage of mankind – sports for all health for all; Physical education in ancient Greece & Athens,- physical education in India; Olympic movement – Historical development of Ancient and modern Olympic games.

II. Essential of Physical Education; concepts and principles of class management- Qualities and qualifications of physical educational personnel – duties & responsibilities; Organisation and administration of physical educational programme in educational; Institutions tournaments; Management of infrastructure, equipments, finance and personnel, Registers & Records methods of teaching; Principles of planning physical educational lessons- pupil- teacher relationship; Construction of physical education time-table. Principles of curriculum planning, curriculum designs, techniques of supervision; Techniques of Sports Management, Demonstration, Conference, Projects, Workshops, Bulletin and Public Relations and Administrations.

III. Research in Physical Education: Introduction to Research – Meaning – Definition – Nature and Scope – Characteristics – Need and importance of research in Physical Education.; Locating and selection of a Research problem, hypothesis formulation- types of testing; Collection of data, tools, sampling techniques Methods of Research – Historical research – Experimental research – Survey method & Case study method; Descriptive and Inferential Statistical Techniques for data analysis and interpretation.

IV. Anatomy and Physiology: Joints and their movements – Planes and axes – Classifications, Posture – Common deformities. Classification of Muscles; Structure and functions of Muscles, Tendons and types of Muscle fibres. Muscular Contraction – Role of Actin, Myosin, Sarcoplasm; Nervous system – co-ordination of muscular activity – Neuromuscular function; Motor and plate – Motor units – Neuromuscular transmission; Cardiovascular and Cardio-Respiratory system, Endocrine system, Hormones – Pituitary, Thyroid, Adrenal – Glands and their location – Parathyroid,

Pancreas; Effect of exercise on body organs and systems ; Doping – Ergogenic Aids – Doping – National Anti-Doping Agency (NADA) – Effect of Exercise on Muscular, Cardio-respiratory and Endocrinal systems; Types of Sports injuries – Skin – abrasion, laceration, contusion, blisters, Haemotoma – Bone injuries - Fracture and dislocations, Muscle injuries –sprain, Strains and cramps,

V. Kinetic & Kinematic Principles: Kinetic & Kinematic Principles, Meaning of equilibrium, Motion and force, Limitations upon the application of mechanical principles of fundamentals of sports. Factors which determine the degree of stability – Relationship of centre of gravity to equilibrium – Significance of equilibrium in sports; Motion – Newton's Laws of Motion – Laws of Gravitation and freely falling bodies, path of projectiles, special application of principles of projectiles to short put and long jump – of Rotary Motion and Linear Motion; Force – Definition and Meaning of the term Force – Factors of Force (Magnitude, direction and application) to sports – Centrifugal and centripetal forces and their application to sports; Friction; Work, power and Energy – Work done and Energy expended, Kinetic Energy, Potential Energy; Analysis of Activities – Mechanical and scientific analysis of techniques of different sports styles – Walking, running, jumping and throwing.

VI. Test, measurement and Evaluation: Need and use of Measurement and Evaluation in Physical Education; Criteria of a Good Test; Establishing procedure of validity, Reliability, objectivity and Norms; Tests for fitness – Physical Fitness Tests – Speed test, Rogers Strength tests, Cardiovascular fitness tests (coopers tests, Tuttle pulse ratio test, hard ward step tests), AAHPERD Youth fitness tests Muscular endurance tests (Bent – knee situps) ; Motor ability – General motor ability ( Barrow and Scot) – Cozen Athletic ability – Motor educability – Indiana motor fitness test – Cozens motor ability tests.; Anthropometric measurements – General Body Measurements Height, weight, Circumferences length, leg length – Girth measurement – Body composition – Fat – Body mass – BMI, BMR Skin fold callipers; Game Skill Tests – Schmithals – French Field Hockey Test, Football Skill Test : Mc Donald Volleying Soccer Test, Volleyball Skill Test : Brady Volleyball ; Test, Russell – Lounge Volleyball Test, Basketball Skill Test : Badminton Test, Johnson Basketball Test.

VII. Sports Psychology : Meaning, concept, nature Definitions of Sports Psychology. Need and importance; Personality and types of Personality- well built sports personality; Emotions- positive, and negative emotions Motivation – Intrinsic and Extrinsic motivation; Role of motivation in sports; The principles of learning – theories of learning, laws of learning. Theory of use and disuse; Emotional Aspects of Sports Anxiety –reasons of anxiety – Measurers to control anxiety; Anxiety and coaching intervention – (i) Pre-competition Preparation (ii) Psychological intervention during competition (iii) Post Competition Evaluation – Arousal – Activation performance and emotion; Aggression and Hostility – Models of aggression – Aggression as an instinct – Frustration – Assessment of aggression – Reason for aggression in sports – factors to control aggression; Arousal and activation – Role of activation in sports – drive theory – sports performance

VIII. Sports training : Meaning, objectives and principles of sports training and talent identification; Various Training Methods - Strength, Speed and Flexibility Development – Strength Training. Speed Training. Endurance Training; isotonic - Isometric Interval Training Planning, and periodisation of Training Process load over load principle Aerobic training; Anaerobic training, Weight training, Fartlek Training,

Interval training, Plyometric training, Resistance training, Pressure training; High Altitude training, Functional training, Repetition method of training, and Transfer of training effects; Specific training programme for development of various motor qualities.

IX. Nutrition, Therapy and Yoga: Food – Components / Ingredients Nutrients, Balanced diet, Diet before, During and after the activity. Diet and performance; First Aid and Physiotherapy – First-Aid – Guiding principles of First-Aid; Physiotherapy – Physiotherapy – Meaning definition and principles of physiotherapy, importance of physiotherapy in sports; Yoga –Yoga and its relevance to Physical Education; Yoga Asanas, Pranayama, Mudras and Kriyas – Yoga Vignana – A general survey of the preventive, promotive and curative aspects of Yoga techniques, Like Bronchial Asthma, Hypertensions, Arthritis and Diabetes; Meditations and Concentration – Meaning of Meditation, Concentration and their experiences – types of Meditation – Role of Meditation in relaxations; Effect of Yogic Practices on Different systems.

X. Officiating and Coaching : Meaning, Concept and Definitions – Qualifications and Qualities of good official and Coach – Duties and responsibilities an official and coach

XI. Rules, Regulations, Dimensions and officiating of the Following Games: a) Ball-Badminton, b) Cricket, c) Football, d) Hockey, e) Kabaddi, f) Kho-Kho, g) Tennis, h) Track and Field, i) Basketball, j) Badminton, k) Handball, l) Volleyball, m) Table - Tennis n) Gymnastics, o) Swimming, p) Archery, q) Fencing r) Rifle / Pistol Shooting.