

Scheme and Syllabus for the post of Physical Director (Junior & Degree Colleges) in Residential Educational Institution Societies

Preliminary (Screening Test)

Scheme of Examination

Written Examination (Objective Type)		No. of Questions	Duration (Minutes)	Marks
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 (Junior & Degree Colleges) in Residential Educational Institution Societies

Scheme of Examination

Written Examination (Objective Type)		No. of Questions	Duration (Minutes)	Marks
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, Haematoma – 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 – Measures 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.