

# **RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER**

## **SYLLABUS FOR EXAMINATION FOR THE POST OF SENIOR PHYSICAL EDUCATION TEACHER (SECONDARY EDUCATION)**

### **PAPER – II**

#### **Unit 1. General Knowledge of Physical Education of Secondary and Senior Secondary Standards:**

- Physical Education: Meaning, aims, objectives, scope, importance and principles.
- Misconceptions about Physical Education, Modern concept of Physical Education.
- Biological Foundation: Heredity and Environment, Chronological, Anatomical, Physiological and Mental ages. Body types/Classification, Anthropometric measurements, Second wind, Oxygen-debt and Kinesthetic sense.
- Psychological Foundation: Learning, Personality, Instinct, Emotions, Perception, Memory, Motives and Motivation.
- Sociological Foundation: Leadership, Group dynamics, Socialization.
- Philosophical Foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism and Existentialism.
- Physical Fitness and Wellness: Warming up, Limbering down, Aerobic and Anaerobic activities, calisthenics and Rhythmic exercises.
- Exercise programme for the development of Whole Body.
- Changing Trends and Carrier in Physical Education and Sports.
- Physical and Health related fitness components.
- Games and Sports as cultural heritage.
- Kinesiology and Biomechanics: History, aim and their role in Physical Education and Sports.
- Law of Motion, Lever, Force, Axes and Planes, Center of Gravity, Projectile, Equilibrium and their relationship with Sports. Kinematics and Kinetics of Human movement.
- Postures and Common Postural deformities.
- Therapeutic Modalities in Rehabilitations, Doping and Ergogenic Aids in sports.
- Sports Massage: Effect and Types of Massage Manipulations.
- Prevention and First Aid for Common Sports Injuries.

## **Unit 2. General Knowledge of Sports, Physical Education and its current affairs:**

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

- History of above Games/Sports.
- 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, strategies and tactics of above Games/Sports.
- Related sports terminologies of above Games/Sports.
- Proper sports Equipments of above Games/Sports.
- Important tournaments and venues
- Sports Personalities and Awards
- Sports Associations/Federations.
- Ancient, Modern and Para-Olympic Games.
- Schemes & Initiatives to promote Games & Sports in Rajasthan.

## **Unit 3. Theories, Definitions and History of Physical Education:**

- History of Physical Education in India: Pre and post independence period.
- Physical Education in Greece and other countries.
- Contribution to the growth of Physical Education by following leaders: Baron Pierre de Coubertin, Johann Basedow, Gut Muths, H.C. Buck, G.D. Sondhi, Dr. P.M. Joseph, Prof. Karan Singh and Prof. Ajmer Singh.
- Y.M.C.A, Rajasthan State Sports Council, S.A.I., N.S.N.I.S. and National Fitness Corps.

## **Unit 4. Education and Games Psychology:**

- Sports Psychology and Sociology: Definitions, nature and scope.
- Growth and Development.
- Stress, Aggression, Anxiety and their management.
- Psycho-physical unity and Sports Ethics.
- Self-esteem and Body image.

## **Unit 5. Methods, Supervision and Organizations of Physical Education:**

- Types of teaching methods, principles of teaching, presentation technique, principles of class management of Physical Education. Budget, Record and Register.
- Lesson Planning: Types of lesson, objectives and parts of lessons.
- Teaching Aids.
- Guiding principles, essential features, techniques and qualities of supervision.
- Organization and Conduct of competitions and tournaments.
- Public Relation: meaning, importance in Physical Education and sports.

## **Unit 6. Theories of Training and Decisions:**

- Sports Training: Principles and methods.
- Training load, Adaptation and Periodization.
- Motor fitness components.
- Coaching: Meaning, Techniques, tactics and Lead-up games activities.
- Officiating: Meaning, importance and principles.
- Qualities, qualifications & responsibilities of Coaches, Officials and Administrators.

## **Unit 7. Science of Basic Anatomy, Function and Health Education:**

- Anatomy and Physiology: Meaning and importance in Physical Education & sports.
- Cell, tissue and organ.
- Bones and Joints: Definition, classification and terminology of movement around joints.
- Structural and Functional Classification of various Body Systems.
- Exercise Physiology: Meaning, need and importance in Physical Education & sports. Effects of exercise on various Body Systems.
- Health: Dimensions, spectrum, determinants and Positive health, Hygiene, community health and aspects of school health services.
- Health Education: concept, objectives, importance and principles.
- Food, nutrition, balance diet and diet according to sports activities.
- Health problems and Hypo-kinetic diseases in India.
- Diseases: Communicable, non-communicable and hereditary.

## **Unit 8. Entertainment, Camp and Yoga:**

- Recreation: Definition, types, significance and objectives.
- Theories of Play.
- Organization and Administration: Agencies offering recreation, facilities, equipments and their maintenance.
- Types of Recreational Activities.
- Camping: Significance and types of camps, Selection and Layout of camp sites, Organization and administration of camps. Trekking and Rock-Climbing.
- Yoga: Meaning, types, stages and significance.
- Patanjali's Philosophy.
- Hath Yoga followed by Hath Pradipika and Gherand Sanghita.
- Assana, Pranayama, Bandhas, Shatkarma and Asthang Yoga.
- Management of diseases through Yoga.

## Paper – II

### Pattern of Question Paper :

1. The question paper will carry maximum 260 marks.
2. Duration of question paper will be 2 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 and Physical Education and its current affairs.
  - (iii) Theories, Definitions and History of Physical Education.
  - (iv) Education and Games Psychology.
  - (v) Methods, Supervisions and Organizations of Physical Education.
  - (vi) Theories of Training & Decisions.
  - (vii) Science of Basic Anatomy, Function and Health Education.
  - (viii) Entertainment, Camp and Yoga.

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