



**TEACHERS' RECRUITMENT BOARD, TRIPURA (TRBT)
EDUCATION (SCHOOL) DEPARTMENT, GOVT. OF TRIPURA**

SYLLABUS

**SELECTION TEST FOR PHYSICAL EDUCATION TEACHER (STPET)
TOTAL MARKS: 150 (150 MCQs)**

Unit-I

History, Principles and Foundation of Physical Education: Meaning, Definition and Scope of Physical Education; Aims and Objectives of Physical Education; Importance of Physical Education; Misconceptions about Physical Education; Career Options in Physical Education.

Unit-II

Philosophical Foundation of Physical Education: Idealism, Pragmatism, Naturalism, Realism, Humanism.

Unit-III

Physical Fitness, Wellness and Lifestyle: Meaning and Importance of Physical Fitness, Wellness and Lifestyle; Components of Physical Fitness and Wellness; Components of Health Related Fitness; Fitness and Wellness Movement in the Contemporary Perspectives; Sports for All and its Role in the Maintenance and Promotion of Fitness.

Unit-IV

Historical Development of Physical Education in India: Indus Valley Civilization Period, Vedic Period, Medieval Period, British Period, Physical Education in India after 1947.

Unit-V

Fundamentals of Anatomy and Physiology in Sports/Physical Education: Brief Introduction of Anatomy and Physiology in the Field of Physical Education; Function of the Skeleton system, Classification of Bones and types of Joints; Blood and Circulatory System; Respiratory System; Nervous System; Endocrine Glands; Sense Organs.

Unit-VI

Health Education and Health Problems: Concept, Dimensions, Spectrum and Determinants of Health; Aims, Objectives and Principles of Health Education; Health Service and Guidance Instruction in Personal Hygiene; Communicable and Non-Communicable Diseases; Personal and Environmental Hygiene for Schools; Objectives of School Health Service; Role of Health Education in Schools.

Unit-VII

Olympic Value Education: Philosophy of Olympic Movement; Stages in the Development of the Modern Olympic Movement; Para Olympic Games; Summer Olympics; Winter Olympics; Educational and Cultural Values of Olympic Movement.

Unit-VIII

Physical Education and Sports for CWSN (Children With Special Needs- Divyang); Aims and Objectives of Adaptive Physical Education; Organization Promoting Adaptive Sports (Special Olympics Bharat, Paralympics, Deaflympics); Role of Various Professionals for Children With Special Needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher).

Unit-IX

Yoga Education: Meaning and Definitions of Yoga; Aims and Objectives of Yoga; The Astanga Yoga – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi; Classification of Asanas with Special Reference to Physical Education and Sports; Need and Importance of Yoga in Physical Education and Sports.

Unit-X

Safety Education and Fitness Promotion: Health and Safety in Daily Life; First Aid and Emergency Care; Common Injuries and their Management; Modern Lifestyle and Hypo-Kinetic Disease – Prevention and Management.

Unit-XI

Sports Nutrition: Meaning and Definitions of Sports Nutrition; Basic Nutrition Guidelines; Role of Nutrition in Sports; Factors to Consider for Developing Nutrition Plan; Nutrition and Weight Management.

Unit-XII

Sports Psychology: Nature, Importance and Scope of Educational Psychology and Sports Psychology; General Characteristics of Various Stages of Growth and Development; Psycho-sociological Aspects of Human Behaviour in Relation to Physical Education and Sports; Personality and Sports Performance; Stress, Anxiety, Arousal and their Effects on Sports Performance.

Unit-XIII

Sports Medicine, Physiotherapy: Meaning, Definition, Objectives and Modern Concepts of Sports Medicine; Need and Importance of the Study of Sports Injuries in the Field of Physical Education; Physiotherapy; Hydrotherapy; Therapeutic Exercise.

Unit-XIV

Doping: Definition of Doping; Side Effects of Drugs; Dietary Supplements; IOC List of Doping Classes and Methods; Blood Doping; Problems with the Supply of Medicines Subject to IOC regulations.

Unit-XV

Children and Women in Sports: Motor Development and Factors Affecting it; Exercise Guidelines at Different Stages of Growth and Development; Common Postural Deformities – Knock Knee, Flat Foot, Round Shoulders, Scoliosis and their Corrective Measures; Sports Participation of Women in India.

XVI

Biomechanics and Sports: Meaning and Importance in Biomechanics in Sports; Types of Movements (Flexion, Extension, Abduction, Adduction); Newton's Law of Motion and its Application in Sports.

XVII

Test, Measurement and Evaluation in Physical Education: Motor Fitness Tests; Physical Fitness Tests; Anthropometric and Aerobic-Anaerobic Tests; Skill Tests.

XVIII

Educational Technology in Physical Education and Sports: Forms of Educational Technology – Teaching Technology, Instructional Technology; System Approach to Physical Education and Communication; Audio Visual Media in Physical Education; Physical Education and New Horizons of Educational Technology.