

Scheme and Syllabus for the post of Physical Education Teachers in Residential Educational Institution Societies

Scheme of Examination

Written Examination (Objective Type)		No. of Questions	Duration (Minutes)	Marks
Paper – I	General Studies and General Abilities	150	150	150
Paper-II	Physical Education	150	150	150
Total				300

Syllabus

Paper-I: General Studies and General Abilities

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

Paper -II: Physical Education

I. Bases of Physical Education:

Nature and Meaning of Physical Education; The biological basis of life; Growth and Development; Physical Education and Recreation as socializing factors – Cooperation and Competition; Character building and Adjustive development through Games and Sports. Philosophy of Physical Education History of Physical Education –

Ancient History, Greece, Sprata, Athens, Ancient Rome – German, Ancient Modern, Olympic moment, Historical development of Physical Education of in India and status of various committees and their recommendations

II. Organization and Administration of Physical Education

Meaning of the terms organization, Administration and Supervision; Guiding Principles of Organization; Play fields – Construction and Maintenance – Equipment – Purchase and Care and Maintenance; Layout and Maintenance of Swimming Pool Athletic Track and Gymnasium; Time Table; Sports Budget and Accounting; Records and Registers; Concept and types of Supervision ; Qualities of good Supervisors, Guiding principles of Supervision.

III. Sports Psychology

Psychology, Meaning and Definition of Psychology – Definition of Sports Psychology, need and importance – Development and stages – Motor development, Social Development – Role of Maturation – Individual differences, Personality and well built sports personality, Types of personality, Theories of personality – Emotion, positive and negative emotion – Anxiety – Aggression – Arousal and Activitation, role of emotion in sports and control of emotion in sports; Play – Theories of Play Learning – Kinds of Learning – Laws of Learning – Learning curve – Transfer of Training. Motivation – Meaning, definition and its importance.

IV. Methods and Materials in Physical Education

Presentation techniques – Personal and Technical – Management of Class; Methods of Teaching – Factors influencing method – Verbal Explanation, Demonstration, Explanation, Discussion and Supervision; Lesson Planning; Tournaments – Types of Tournaments – Knock out, League and Combination – Fixtures for Tournaments – Knock-out League fixtures; Classification – Classification of Students – Homogenous group and Heterogenous group; Characteristics of Good Test; Sports Training Method of Training - Definition of Sports Training – importance 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.

V. Anatomy and Physiology and Kinesiology

Structure and Functions of cell; Skeletal system ; Muscular system, Respiratory system; Digestive system ; Circulatory system ; Excretory system Nervous system - Structure and Functions of Human Brain and Spinal cord and their effect with exercise ; Kinesiology

VI. Health Education, Safety Education in Physical Education Curriculum

Health meaning, nature and need of Health ;Definition of Health, Hygiene and Sanitation; Factors influencing Health – Heredity, Habits and Environment; Factors influencing Physical, Mental Health and Social Health; Communicable diseases – Prevention and Control – Tuberculosis, Cholera; Malaria, Typhoid, Measles and Whooping cough; Food and Nutrition – Essential Constituents of food – Proteins, CHO, Fats, Minerals, Vitamins – Balanced DIET – Under nutrition and malnutrition.; Posture – Definition – Values of Good Posture – Common Pastural deformities – Kyphosis, Lordosis, Scoliosis, knocked – knees, Flat foot; Coordinated School Health programme – Health Services, Health Instruction, Health Supervision and Health Record; Safety Education – Safety on Road, Safety in the School, Safety on

playfields; Pollution – Air and Water Pollutions and their prevention and control, Sports injuries – Prevention of injuries – Sports Physiotherapy

VII. Yoga and Physical Education

Yoga – Definition, Meaning and Objectives; Values of Streams of Yoga – Jnana, Bhakti, Karuna, Raja Yoga; Relationship of Yoga with Physical Education and Health ;PatanjaliAshtanga Yoga; Yama, Niyama, Asana, Pranayama, Prathyahasa; Dharma, Dhyana and Samadhi; Pranayama – Meaning and importance; Stages of Pranayama Physiological values of Pranayama ; Effect of yoga, exercises and cure of the diseases, Physiology of Exercise; Warming up, Conditioning, Motor end plate, Glycolysis, effective of exercises on respiratory muscular and cardiovascular systems.

VIII. Officiating and Coaching of Physical Education

Meaning and Principles of officiating; Duties of Referee / Umpires / Scorer's coach in various Games; Athletics – Runs, Throws and Jumps; Marking, Rules, Signals and Systems of Officiating in the following Games; Volley Ball, Basket Ball, Kabaddi, Khokho, Soft Ball, Ball Badminton, Hockey, Foot Ball, Cricket, Tennikoit, Hand Ball; Qualities of good official and coach