

GOVERNMENT OF JAMMU AND KASHMIR,  
SERVICES SELECTION BOARD,  
Zum Zum Hotel, Rambagh, Srinagar

\*\*\*\*\*

(www.jkssb.nic.in

**"ASSISTANT PHYSICAL TRAINING INSTRUCTOR  
(APTI)"**

**SYLLABUS FOR WRITTEN TEST**

Marks :-150  
Time :- 2.30 Hours

**Foundation of Physical Education:**  
**Marks**

**20**

- Concept of Physical Education.
- Aims and objectives of Physical Education. Scope of Physical Education in modern Era.
- Explain Cognitive domain, psychomotor domain, Affective domain.
- Relationship between Physical Education and General Education.
- Nature, meaning and scope of Philosophy in Physical Education.
- Major components of Philosophy.
- Philosophies of Physical Education (Idealism, Naturalism, Pragmatism, Realism & Existentialism).

**Historical Perspective:**  
**Marks**

**15**

- Physical education in Ancient and Modern India
- Physical Education in Greece, USA, Germany, British and Rome.
- Ancient and Modern Olympic Games
- Asian and Common Wealth Games.
- South Asian Federation (S.A.F) Games
- National sports awards (Arjuna award, Dronacharya award, Rajiv Ghandi khel Ratna Award, Maulana Abul Kalam Azad (MAKA ) Trophy.
- Famous sports Personalities in India.

**Officiating and Coaching:**  
**Marks**

**15**

- Concept of Officiating and Coaching
- Moderns Trends in Coaching

- Duties of Officials
- Layout of standard track.
- Dimension and marking for track and field events.
- Rules and their interpretation of track and field events.
- Rules and regulations of different games (Football, Volley Ball, Hockey, Basket Ball, Cricket, Kho Kho, Kabaddi and Badminton).

<b><u>Psychological Foundations:</u></b>	<b>15</b>
<b>Marks</b>	

- Sports Psychology and factors effecting sports performance.
- Elements of learning, individual differences in learning, Learning Curve
- Theories of learning, Nature of motor skill learning.
- Transfer of training.
- Personality, Dimensions of personality.
- Growth and Development at different stages.
- Heredity and Environment.

<b><u>Sociological Foundation:</u></b>	<b>10</b>
<b>Marks</b>	

- Socialization bases of Physical Education,
- Sports as cultural Heritage of Man Kind
- Cooperation and competition, social recognition.
- Social Institutions, Social Development.
- Group Dynamics, Leadership and its importance.
- Media in Sports, Politics in Sports
- National / International integration through Sports

<b><u>Kinesiology:</u></b>	<b>10</b>
<b>Marks</b>	

- Historical Development of kinesiology, its need and scope in Physical Education & Sports.
- Axes and planes of movements, line of pull.
- Structure, Classification of the muscles and Joints.
- Origin Insertion and action of major muscles.
- Meaning of Biomechanics, role of biomechanics in Physical Education.
- Motion, types of motion, Newton's laws of motion.
- Equilibrium, Stability and its principles. Lever and its types. Spin, Projectile and Impulse,

<b><u>Training Methods:</u></b>	<b>15</b>
<b>Marks</b>	

- Characteristics and principle of sports training

- Different methods of sports training.(Interval training, Weight Training Circuit training, Fartlek training and Plyometric Training).
- Development of Different Motor Abilities.
- Vital capacity, Second wind, Fatigue, Oxygen debt.
- Effect of training on muscular system, Respiratory system and Circulatory System.
- Technical and tactical preparation of Sports
- Warm-up, its types and values.

<b><u>Management:</u></b>	<b>20</b>
<b>Marks</b>	

- Introduction, Meaning and Definition of management.
- Management techniques and financial management.
- Meaning of Organization and Administration.
- Organization of Physical Education and sports at different levels.
- Supervision and Evaluation in physical education and sports.
- Concept of teaching and Learning and Methods of Teaching.
- Lesson plan, Importance and need of lesson plan.

<b><u>Planning:</u></b>	<b>20</b>
<b>Marks</b>	

- Meaning, Importance and Principles of Planning.
- Short term & Long Term Planning.
- Intra-mural and Extra mural tournaments.
- Talent Identification & Classification of students
- Sports meet and Sports day.
- Education technology and Teaching aids.
- Criteria for the selection of Players.

<b><u>First aid:</u></b>	<b>10</b>
<b>Marks</b>	

- Concept, Meaning of first aid and its types.
- Principles of First Aid.
- Sports injuries, types of injuries, causes of injuries and their Treatment in various cases (Sprain, Strain, Dislocation, Fracture, Burns, abrasions, & Cuts).
- Definition and concept of Rehabilitation.
- Goals and principles of Rehabilitation.
- Massage Manipulation & therapeutic Exercises.
- Doping in Sports.

(S.A Raina)KAS,  
Secretary,  
J&K Services Selection Board,  
Srinagar.