

SCHEME AND SYLLABUS OF ASSISTANT MASTER/ MISTRESS IN PHYSICAL EDUCATION 2016
(EXAM CODE: MPE- 16):-

1.	Syllabus of Assistant Master/Mistress in Physical Education	1.Physical Education 2.General Issues												
2.	Distribution of marks for the post mentioned above.	<p>The total number of Questions (Multiple Choice Question type) will be 120. Each question will carry 1 mark.</p> <p>(a) 60 marks will be allotted to the GENERAL ISSUES & 60 marks will be allotted to the Subject.</p> <p>(b) Distribution of 60 marks allotted in GENERAL ISSUES & 60 marks allotted to the Subject:-</p> <table border="1" data-bbox="716 695 1471 1667"> <thead> <tr> <th data-bbox="716 695 1198 737">Subjects</th> <th data-bbox="1198 695 1471 737">Marks</th> </tr> </thead> <tbody> <tr> <td data-bbox="716 737 1198 1083">Test of Reasoning & Arithmetic (Divisibility, Fractions, Decimals, Recurring Decimals, Simplification, H.C.F., L.C.M., Partnership, Average, Ratio and Proportion, Percentage, Simple Interest, Profit and Loss, Time and Distance, Area of Rectangles & Squares etc.)</td> <td data-bbox="1198 737 1471 1083">20</td> </tr> <tr> <td data-bbox="716 1083 1198 1278">English (Fundamentals of the English Language such as Vocabulary, Grammar, Sentence Structure, Synonyms, Antonyms and its correct usage, etc.)</td> <td data-bbox="1198 1083 1471 1278">10</td> </tr> <tr> <td data-bbox="716 1278 1198 1396">General Science (Matters of everyday observation including everyday science etc.)</td> <td data-bbox="1198 1278 1471 1396">10</td> </tr> <tr> <td data-bbox="716 1396 1198 1591">General Knowledge (current events and problems with special reference to India, Elementary knowledge of Indian History and Indian Geography etc.)</td> <td data-bbox="1198 1396 1471 1591">20</td> </tr> <tr> <td data-bbox="716 1591 1198 1667">Physical Education(detail in separate sheet)</td> <td data-bbox="1198 1591 1471 1667">60</td> </tr> </tbody> </table>	Subjects	Marks	Test of Reasoning & Arithmetic (Divisibility, Fractions, Decimals, Recurring Decimals, Simplification, H.C.F., L.C.M., Partnership, Average, Ratio and Proportion, Percentage, Simple Interest, Profit and Loss, Time and Distance, Area of Rectangles & Squares etc.)	20	English (Fundamentals of the English Language such as Vocabulary, Grammar, Sentence Structure, Synonyms, Antonyms and its correct usage, etc.)	10	General Science (Matters of everyday observation including everyday science etc.)	10	General Knowledge (current events and problems with special reference to India, Elementary knowledge of Indian History and Indian Geography etc.)	20	Physical Education(detail in separate sheet)	60
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3.	Minimum Qualifying marks of Assistant Master/ Mistress in Physical Education	Minimum Qualifying marks are as follows :- General :- 20 S.C. / O.B.C. :- 15 S.T. :- 10												

- A Personality Test of 20 Marks will be held on the basis of the rank of Written/On-line Examination.
- A final merit list will be prepared on the basis of aggregate marks of Written/On-line Examination & Personality Test.

- **N.B.** The Question Level for the subject will be of more than the Higher Secondary or its equivalent Standard.
- General issues (Test of Reasoning & Arithmetic, English and General Science & General Knowledge) will be of Madhyamik or its equivalent standard.

Sd/-
Secretary-cum-Controller of Examinations,
West Bengal Staff Selection Commission.

Syllabus of Physical Education for Assistant Master/Mistress In Physical Education (Exam Code: MPE - 16)) Recruitment

Topics:-

- 1. Introduction, definition, aim and objectives of Physical Education, recreation Philosophies of Physical Education- Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism Benefits of exercise, growth and exercise, exercise and well-being, sex and age characteristics of adolescents, body types Play and play theories, general principles of growth and development, Principles of motor-skill acquisition, transfer of training effect , social nature of men and physical activity, competition and co-operation Physical Education in ancient Greece, Rome and contemporary Germany, Sweden, Denmark and Russia Olympic Movement- Historical development of Ancient and Modern Olympic Games, Physical Education in India; Physiology of Muscular activity, Respiration & blood circulation; Bioenergetics and recovery process; Athletic Injuries- their management and rehabilitation, Therapeutic modalities, and doping.**
- 2. Joints and their movements- planes and axes; Kinetics and Kinematics- linear and angular, levers; Laws of motion, principles of equilibrium and force, spin and elasticity; Posture, Postural deformities and their correction**
- 3. Learning process-theories and laws of learning, Motivation; Qualities and qualifications of Physical Educational Personnel; Age characteristics of pupils and selection of activities; Construction of class and school Physical Educational time table; Organization and function of sport bodies; Intramurals and Extramural; Methods and techniques of teaching; Principles of planning Physical Education lessons.**
- 4. Health- Guiding principles of health and health education; Nutrition and dietary manipulations; Health related fitness, obesity and its management; Communicable diseases- their preventive and therapeutic aspect; School health programme and personal hygiene; Recreation programme for various categories of people**
- 5. Training load and periodization ; Training methods and specific training programme for development of various motor qualities; Short-term and long-term training plans; Preparing for competition- (build up competition, main competition, competition frequency, psychological competition); Rules of Games and sports and their interpretations.**
- 6. Concept of test, measurement and evaluation, Principles of measurement and evaluation; Construction and classification of test, Criteria of test .evaluation; Concept and assessment of physical fitness, motor fitness, motor ability and motor educability; Skill test for Badminton, Basketball, Hockey, Lawn tennis, Soccer, Volleyball; Anthropometric measurements and body composition.**

Sd/-

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