

**SYLLABUS FOR RECRUITMENT TEST OF PTI's
(2016-17)**

• **Concepts of Physical Education**

- * Definition, aims and objectives of Physical Education
- * Need and importance of Physical Education
- * Relationship of Physical Education with Health Education and Recreation
- * Meaning of terms: Physical culture, Physical training, drills, gymnastics, games and sports
- * A brief history of Physical Education in India from Ancient to Modern Age.

• **Introduction to Psychology**

- * Psychology: meaning and branches of Psychology
- * Sports Psychology : meaning, definition and nature
- * Importance of Sports Psychology
- * Learning: meaning, definition, types, laws of learning, Motor learning, nature of learning, Principles of Motor learning, learning curve, concept of play, theories of play.
- * Growth & development
- * Effects of heredity and environment on growth and development.
- * Individual differences, body types
- * Emotions, Motivation
- * Principles of use and disuse , over load and crest load
- * Chronological, Physiology and Anotomical age.

• **Physiological aspects of Physical Education and First -Aid**

- * Effects of exercise on Muscular, Digestive, Circulatory and Respiratory systems,
- * Anatomy: meaning, need and its importance
- * Physiology: meaning, need and its importance
- * First-Aid: meaning, principles of first aid, qualities of first aider, emergency care of drowning, burns, dislocation, fracture and electric shock

Health Education & Personal Hygiene

- Meaning, definition and concept of Health
- Meaning, definition and scope of Health Education

R. Anand
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- Aims, objectives, importance and principles of health education. Communicable and Non-Communicable diseases, Immunization, community participation, Health Programmes
- Personal Hygiene: meaning and importance of personal hygiene, care of eyes, ears, nose, skin, hands & hair

Methods in Physical Education & officiating & coaching

- Methods of teaching: meaning, importance and scope of teaching methods in Physical Education
- Tournaments: Knock out tournaments, League of Round tournaments, Combination tournaments, lesson planning and classification.
- Officiating: Definition, meaning and its Importance
- Principles of officiating, Qualities of good officials, duties of officials
- Specifications of different play fields: hockey, kabaddi, volleyball, basket ball, badminton, kho-kho, handball, football
- Marking and Layout: complete marking and layout of 400meter track
- Meaning of coach and coaching, principles of coaching
- Warming up: Definition and types
- Ancient and Modern Olympic Games, Asian Games, Commonwealth Games and Sports awards.

Recreation , Nutrition and Yoga

- Recreation: Definition, its importance, aims and objectives
- Importance, aims and objectives of camping, types of camping
- Leadership of Recreation: meaning and objectives of recreation leadership
- Nutrition: balanced diet, carbohydrates, fats, proteins, minerals, vitamins and water
- Yoga: meaning, definition, aims and objectives. Astang yoga, Asans, pranayama. Techniques, Benefits and Application of the following: Meditative, Relaxative and Culture Asana.

W. S. S. S. S.
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