### Scheme of Examination and Syllabus to the Post of Physical Education Teacher of TRT

**Duration:** 3 Hours

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Subject</th>
<th>Syllabus level</th>
<th>No. of Questions</th>
<th>No. of Marks</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>General Knowledge &amp; Current Affairs</td>
<td>-</td>
<td>20</td>
<td>10</td>
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<td>2.</td>
<td>English</td>
<td>The syllabus for English shall be based on proficiency in the language, elements of language, communication &amp; comprehension abilities – standard upto Secondary Level (X Class)</td>
<td>20</td>
<td>10</td>
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**Content (Sl. No 3 to 8)**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>4.</td>
<td>Organization &amp; Administration of Physical Education</td>
<td>-</td>
<td>24</td>
<td>12</td>
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<td>5.</td>
<td>Psychology, Materials &amp; Methods of Physical Education</td>
<td>-</td>
<td>24</td>
<td>12</td>
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<td>6.</td>
<td>Anatomy, Physiology, Kinesiology</td>
<td>-</td>
<td>24</td>
<td>12</td>
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<td>7.</td>
<td>Health Education, Safety Education and Physiology of Exercise</td>
<td>-</td>
<td>30</td>
<td>15</td>
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<td>8.</td>
<td>Officiating &amp; Coaching of Physical Education</td>
<td>-</td>
<td>28</td>
<td>14</td>
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**Total** 200 100
SYLLABUS

Part – I

GENERAL KNOWLEDGE AND CURRENT AFFAIRS (Marks: 10)

Part – II

ENGLISH (Marks: 10)

1. Parts of speech
2. Tenses
3. Types of sentences
4. Articles and prepositions
5. Degrees of Comparison
6. Direct speech and indirect speech
7. Clauses
8. Voice – Active and passive voice
9. Use of phrases
10. Comprehension of a prose passage
11. Composition
12. Vocabulary

CONTENT

Part – III

Principles, Philosophy and History of Physical Education (Marks: 15)

(a) Meaning of the terms – Aims and Objectives – Aim and objectives of Physical Education, Meaning and Definition of Physical Education

(b) Biological Principles: The biological basis of life; Growth and Development; principles of use, disuse and overuse – Body types – Ages of development.

(c) Sociological Principles: Physical Education and Recreation as socializing factors – Cooperation and Competition; Character building and Personality development through Games and Sports.

(d) History: Physical Education in Ancient Greece – Sparta, Athens – Ancient Rome – Germany, Ancient and Modern Olympic Movement. Historical development of Physical Education in India and status of various committees and their recommendations.

Part – IV

Organization and Administration of Physical Education (Marks: 12)

(a) Meaning of the terms organization, Administration and supervision.
(b) (i) Guiding Principles of Organization.
   (ii) Physical Education Department set up in School, District and State.
(c) Play fields – Construction and Maintenance – Equipment – Purchase and Care and Maintenance; Layout and Maintenance of swimming pool and Gymnasium.

(d) Time-Table; Factors influencing time-table; Types of Physical Education Periods; Time allotment for Intra-Murals, Extra Murals, Play days, Demonstrations.

(e) Budget and Accounting – Preparation and Administration of good budget.


(g) Supervision – Meaning and need; Guiding principles of supervision.

Part – V
Psychology, Materials and Methods of Physical Education (Marks: 12)


(b) Play – Theories of Play

(c) Methods and Materials in Physical Education
(i) Definition of Method and Material
(ii) Presentation techniques – Personal and Technical – Management of Class.
(iii) Methods of Teaching – Factors influencing method – Verbal Explanation, Demonstration, Explanation, Discussion and Supervision.
(vi) Classification – Classification of Students – Mc Cloy’s, Cozens, Tirunarayan and Hari Haran, School Games Federation of India students classification.
(vii) Characteristics of Good Test.
(viii) Training Methods

Part – VI
Anatomy and Physiology and Kinesiology (Marks: 12)

(a) Structure and Functions of cell.
(b) Skeletal system
(c) Muscular system
Classification of Muscles – Effect of Exercise on Muscular system
(d) Respiratory system
   Structure of Human Respiratory system – Mechanism of Respiration –
   Effect of Exercise on Respiratory system.

(e) Digestive system
   Structure of human digestive system and process of digestion – Effect
   of exercise on digestive system.

(f) Circulatory system
   Constituents of Blood and its functions – Structure and Functions of
   Human Heart - Effect of Exercise on Circulatory system.

(g) Excretory system
   Structure and Functions of Kidneys and Skin – Effects of Exercise on
   Excretory system.

(h) Nervous system
   Structure and Functions of Human Brain and Spinal cord.

(i) Kinesiology
   Types of joints and Movements around joint. Origin, insertion and
   action of the muscles around joints.

Part – VII
Health Education, Safety Education and Physiology of Exercise (Marks: 15)

(a) Definition of Health, Hygiene and Sanitation
(b) Factors influencing Health – Heredity, Habits and Environment.
(c) Factors influencing Physical and Mental Health.
(d) Communicable diseases – Prevention and Control – Tuberculosis, Cholera,
   Malaria,
   Typhoid, Measles and Whooping cough.
   (a) Food and Nutrition – Essential Constituents of food – Proteins, CHO,
       Fats, Minerals, Vitamins – Balanced DIET – Under nutrition and
       malnutrition.
   (b) Posture – Definition – Values of Good Posture – Common Pastural,
       deformities – Kyphosis, Lordosis, Scoliosis, knocked – knees, Flat foot.
   (c) Coordinated School Health programme – Health Services, Health
       Instruction, Health Supervision and Health Record.
   (d) Safety Education – Safety on Road, Safety in the School, Safety on
       playfields.
   (e) Pollution – Air and Water Pollutions and their prevention and control.

Yoga:
(a) Yoga – Definition, Meaning and Objectives.
(b) Values of Streams of Yoga – Jnana, Bhakti, Karuna, Raja Yoga
(c) Relationship of Yoga with Physical Education and Health.
(d) Patanjali Ashtanga Yoga; Yama, Niyama, Asana, Pranayama, Prathyahasa,
    Dharma, Dhyana and Samadhi.
(e) Pranayama – Meaning and importance; Stages of Pranayama.
(f) Effect of yoga on sports performance.

Physiology of Exercise:
   Warming up, Conditioning, Motor end plate, Glycolsis.
Part – VIII
Officiating and Coaching of Physical Education (Marks: 14)
(a) Meaning and Principles of officiating
(b) Duties of Referee / Umpires / Scorer’s in various Games.
(c) Athletics – Runs, Throws and Jumps
(d) Marking, Rules, Signals and Systems of Officiating in the following Games;
   Volley Ball, Basket Ball, Kabaddi, Kho kho, Soft Ball, Ball Badminton, Hockey,
   Foot Ball, Cricket, Tennikoit, Hand Ball.