Scheme and Syllabus for the post of Physical Director (Junior & Degree Colleges) in Residential Educational Institution Societies

Preliminary (Screening Test)

<table>
<thead>
<tr>
<th>Written Examination (Objective Type)</th>
<th>No. of Questions</th>
<th>Duration (Minutes)</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper General Studies, General Abilities and Basic Proficiency in English</td>
<td>150</td>
<td>150</td>
<td>150</td>
</tr>
</tbody>
</table>

Syllabus

Paper: General Studies, General Abilities and Basic Proficiency in English

Section-I: General Studies

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
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.

Section-II: General Abilities

10. Moral Values and Professional Ethics in Education.
11. Teaching Aptitude
Section – III: Basic Proficiency in English.

i) School Level English Grammar:
   - Articles; Tense; Noun & Pronouns; Adjectives; Adverbs; Verbs;
   - Modals; Subject-Verb Agreement; Non-Finites; Reported Speech;
   - Degrees of Comparison; Active and Passive Voice; Prepositions;
   - Conjunctions; Conditionals.

ii) Vocabulary:
   - Synonyms and Antonyms; Phrasal Verbs; Related Pair of Words;
   - Idioms and Phrases; Proverbs.

iii) Words and Sentences:
   - Use of Words; Choosing Appropriate words and Words often Confused;
   - Sentence Arrangement, Completion, Fillers and Improvement;
   - Transformation of Sentences; Comprehension;
   - Punctuation; Spelling Test; Spotting of Errors.
Main Examination Scheme and Syllabus for the post of Physical Director (Junior & Degree Colleges) in Residential Educational Institution Societies

Scheme of Examination

<table>
<thead>
<tr>
<th>Written Examination (Objective Type)</th>
<th>No. of Questions</th>
<th>Duration (Minutes)</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper Physical Education</td>
<td>150</td>
<td>150</td>
<td>300</td>
</tr>
</tbody>
</table>

Interview/ Demonstration /viva-voce 30

Total 330

Syllabus

Paper: Physical Education

I. Meaning & Definitions of Physical Education, - Aims and objectives- Foundations of Physical Education – Biological, Philosophical, psychological and Sociological aspects; need and importance of physical education; philosophy of physical education; socialization process – sports as cultural heritage of mankind – sports for all health for all; Physical education in ancient Greece & Athens,- physical education in India; Olympic movement – Historical development of Ancient and modern Olympic games.

II. Essential of Physical Education; concepts and principles of class management-Qualities and qualifications of physical educational personnel – duties &responsibilities; Organisation and administration of physical educational programme in educational; Institutions tournaments; Management of infrastructure, equipments, finance and personnel, Registers & Records methods of teaching; Principles of planning physical educational lessons- pupil- teacher relationship; Construction of physical education time-table. Principles of curriculum planning, curriculum designs, techniques of supervision; Techniques of Sports Management, Demonstration, Conference, Projects, Workshops, Bulletin and Public Relations and Administrations.


IV. Anatomy and Physiology: Joints and their movements – Planes and axes – Classifications, Posture – Common deformities. Classification of Muscles; Structure and functions of Muscles, Tendons and types of Muscle fibres. Muscular Contraction – Role of Actin, Myosin, Sarcoplasm; Nervous system – co-ordination of muscular activity – Neuromuscular function; Motor and plate – Motor units – Neuromuscular transmission; Cardiovascular and Cardio-Respiratory system, Endocrine system,

V. Kinetic & Kinematic Principles: Kinetic & Kinematic Principles, Meaning of equilibrium, Motion and force, Limitations upon the application of mechanical principles of fundamentals of sports. Factors which determine the degree of stability – Relationship of centre of gravity to equilibrium – Significance of equilibrium in sports; Motion – Newton’s Laws of Motion – Laws of Gravitation and freely falling bodies, path of projectiles, special application of principles of projectiles to short put and long jump – of Rotary Motion and Linear Motion; Force – Definition and Meaning of the term Force – Factors of Force (Magnitude, direction and application) to sports – Centrifugal and centripetal forces and their application to sports; Friction; Work, power and Energy – Work done and Energy expended, Kinetic Energy, Potential Energy; Analysis of Activities – Mechanical and scientific analysis of techniques of different sports styles – Walking, running, jumping and throwing.

VI. Test, measurement and Evaluation: Need and use of Measurement and Evaluation in Physical Education; Criteria of a Good Test; Establishing procedure of validity, Reliability, objectivity and Norms; Tests for fitness – Physical Fitness Tests – Speed test, Rogers Strength tests, Cardiovascular fitness tests (coopers tests, Tuttle pulse ratio test, hard ward step tests), AAHPERD Youth fitness tests Muscular endurance tests (Bent – knee situps); Motor ability – General motor ability (Barrow and Scot) – Cozen Athletic ability – Motor educability – Indiana motor fitness test – Cozens motor ability tests.; Anthropometric measurements – General Body Measurements Height, weight, Circumferences length, leg length – Girth measurement – Body composition – Fat – Body mass – BMI, BMR Skin fold callipers; Game Skill Tests – Schmithals – French Field Hockey Test, Football Skill Test: Mc Donald Volleying Soccer Test, Volleyball Skill Test: Brady Volleyball; Test, Russell – Lounge Volleyball Test, Basketball Skill Test: Badminton Test, Johnson Basketball Test.


VIII. Sports training: Meaning, objectives and principles of sports training and talent identification; Various Training Methods - Strength, Speed and Flexibility Development – Strength Training. Speed Training. Endurance Training; isotonic - Isometric Interval Training Planning, and per iodisation of Training Process load over
load principle Aerobic training; Anaerobic training, Weight training, Fartlek Training, Interval training, Plyometric training, Resistance training, Pressure training; High Altitude training, Functional training, Repetition method of training, and Transfer of training effects; Specific training programme for development of various motor qualities.

IX. Nutrition, Therapy and Yoga: Food – Components / Ingredients Nutrients, Balanced diet, Diet before, During and after the activity. Diet and performance; First Aid and Physiotherapy – First-Aid – Guiding principles of First-Aid; Physiotherapy – Physiotherapy – Meaning definition and principles of physiotherapy, importance of physiotherapy in sports; Yoga –Yoga and its relevance to Physical Education; Yoga Asanas, Pranayama, Mudras and Kriyas – Yoga Vignan – A general survey of the preventive, promotive and curative aspects of Yoga techniques, Like Bronchial Asthma, Hypertension, Arthritis and Diabetes; Meditations and Concentration – Meaning of Meditation, Concentration and their experiences – types of Meditation – Role of Meditation in relaxations; Effect of Yogic Practices on Different systems.

X. Officiating and Coaching : Meaning, Concept and Definitions – Qualifications and Qualities of good official and Coach – Duties and responsibilities an official and coach