

SYLLABUS OF RECRUITMENT FOR THE POST OF INSTRUCTOR IN PHYSICAL EDUCATION

I. General Knowledge, Computer knowledge, Current Affairs and Events of National and International Importance **- 10 marks**

II. Information of Equipments, Dimensions & Ground Marking, and Drawing of Fixtures **- 40marks**

III. CORE **- 50marks**

PHYSIOLOGY OF EXERCISE

Skeletal Muscles and Exercise,
Cardiovascular System and Exercise,
Respiratory system and Exercise
Metabolism and Energy Transfer

YOGIC SCIENCES

Asana and Pranayama,
Kriyas, Mudras, Yoga and Sports

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Introduction, Motor Fitness Tests, Physical Fitness Tests, Anthropometric and Aerobic-Anaerobic Tests, Skill Tests.

SPORTS BIOMECHANICS AND KINESIOLOGY

Types of muscles, Motion and Force, Movement Analysis

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Introduction, Components of Physical Fitness, Flexibility, Training Plan, Doping

HEALTH EDUCATION AND SPORTS NURTITION

Health Education, Health Problems in India, Hygiene and Health,
Sports Nutrition and Weight Management

SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION

Program Management, Equipment's