RECRUITMENT OF ASSISTANT TEACHERS AND NON-TEACHING STAFF (GOVT.) - 2021

UPPER PRIMARY SECTION
SUBJECT: PHYSICAL EDUCATION
SYLLABUS

1. **Fundamentals of Physical Education**: Definition and true meaning of Physical Education misconceptions and public misunderstanding about physical education its aim and objectives modern concept and its interdisciplinary approach - Sports Science including Sports Medicine Biomechanics Kinesiology Kin anthropometry physical education and competitive sports Body Type and its significance.

2. **Historical Aspects**: History of Olympics - ancient and modern-physical education in India recent developments-contribution of important personality/ events/ Movement for the development of the physical education in Europe and in India.


4. **Social Aspects**: Social value of sports – Play theories – Role of physical education and sports in national integration and international understanding - Activities for national integration, Social service and strengthening of community relation.

5. **Anatomical & Physiological Aspects**: (a) Bones of the various synovial joints-types of joints and movement around the joints skeletal deformities-anatomical sex difference. (b) Types of muscles and their functions – types of muscular contractions – Composition and functions of blood-Pulse blood pressure and their measurements Respiration Lung Ventilation – Vital capacity. (c) Heart and exercise – Oxygen and exercise – Oxygen debt – Second wind – Athletic heart – Homeostasis – Effects of exercise on muscular/circulatory/respiratory systems.


7. **Teaching Methodology**: Lesson planning presentation techniques-use of teaching aids-coeducational activities and their management qualities of physical education teacher and coach.

9. Recreation and Outdoor Education: Recreation its definition and objectives its need in modern society. Purpose of outdoor education importance of camp, excursion, picnic, playday.


11. Developmental, corrective and therapeutic exercises: Exercises for developing strength, endurance, flexibility, speed- Postural deformities and corrective exercises – Exercises for common diseases like blood sugar, high/low blood pressure etc. – Use of Yoga therapy – Use of sports as therapy-Massage and its uses Exercises for sedentary persons male & female elderly adults and aged persons.

12. Test & Measurement: Definition of a test and measurement – Criteria of a good test – Measurement of strength, endurance, agility, Flexibility, speed and physical fitness. Skill test items of Football, Basketball, Volleyball and Badminton.

13. Special Physical Education: Physical education for special population – objectives and programmes. Physical activities according to the types of disability.