

**EDUCATION DEPARTMENT U.T CHANDIGARH**  
**SYLLABUS FOR EXAMINATION FOR THE POST OF**  
**LECTURER (PHYSICALEDUCATION) SCHOOL CADRE**

**1. History and Concept of Physical Education**

- Meaning, Aims, Objectives, Scope, Need and Importance. Misconceptions about Physical Education and Modern Concept of Physical Education.
- History of Physical Education in India: Pre and Post Independence period
- Physical Education in ancient Greece, Rome, Germany, France, Russia, China and Japan

**2. Changing Trends & Management of Sports Events**

- Changing Trends in Sports technological Advancement in playing Surface, Wearable Gears, Sports Equipment etc.
- Fixtures and their procedures. Knockout, league and combination tournament.

**3. Major Sports Events**

- Olympic Games: Ancient and modern Olympic Games
- Winter Olympics, Para Olympics, Deaflympics and Special Olympics
- Asian Games
- SAF Games
- Common Wealth Games
- World Athletics meet
- Indoor Athletic Meet
- World cups

**4. Kinesiology & Bio Mechanics:**

- Joints and their movements – planes and axes.
- Kinetics, Kinematics-linear and angular, levers.
- Centre of Gravity, Projectile and friction
- Laws of motion, principles of equilibrium and force, spin and elasticity.
- Posture, Postural deformities and their correction.
- Muscular analysis of Motor movement.
- Mechanical analysis of various sports activities.
- Mechanical analysis of fundamental movements – (running, jumping, throwing, pulling and pushing).

- Sports Massage types and therapeutic exercises

## **5. Yoga**

- Meaning and Definition of Yoga
- Importance of yoga
- Elements of yoga (asthang Yoga)
- Yogic Kriyas (Shat Kriyas, Asanas, Pranayam, Meditation)
- Yoga as preventive measure for lifestyle diseases: Obesity, Asthama, Hypertension, Back Pain and Diabetics

## **6. Anatomy & Physiology**

- Meaning, Concept, Need and Importance of Anatomy and Physiology in Physical Education & Sports
- Cell, Tissue and Organ System, Physiology of Sports
- Bones and Joints: Definition, Classification and Terminology of Movement around Joints.
- Muscles: Types, Structure and Functional Classification, General Characteristics (Properties). Macro and Micro Structure of Skeletal Muscles, Sliding Filament Theories, Physiology of blood
- Exercise Physiology: Meaning, Need and Importance in Physical Education & Sports. Effects of Exercise on Body Systems (Circulatory System, Respiratory System, Skeletal System, muscular System, Excretory System and Endocrine System)

## **7. Sports Medicine**

### **i. FIRST AID**

- Meaning
- Principles
- Qualities of First Aider

### **ii. Common Sports Injuries**

- Types
- Causes
- Prevention
- Treatment

## **8. Physical Fitness, Wellness and Lifestyle**

- Meaning of Physical Fitness

- Components of Physical Fitness (Speed, Strength, Endurance, flexibility and Agility)
- Physical and Health related Fitness Test (Harvard Step Test , Khelo India Fitness Test for school children, AAPHER Fitness Test, Rikli & Jones (Senior Citizen Fitness Test), BMI etc.)
- Somato Types (Endomorphy, mesomorphy and actomorphy)

#### 9. **Sports Training and doping**

- Concept and Principles of Sports training
- Sports training cycles
- Warming up and limbering down
- Types and methods to develop various physical fitness components
- Meaning and types of doping and its disadvantages

#### 10. **Educational and sports Psychology:**

- Sports Psychology: Meaning, Definitions, Nature and Scope. Growth and Development
- Stress, Anxiety, Aggression and their Management.
- Psycho-Physical Unity, Motivation, Personality. Coping strategies, Self-Esteem and Body Images. Psychological Benefits of Exercise.
- Sports Ethics, Morality and Moral Values.

#### 11. **Health and Nutrition**

- Concept of Balanced Diet and Nutrition
- Importance of Diet and Sports : Pre, During and Post Competition Requirements
- Meaning and Importance of Health and Personal Hygiene

#### 12. **Knowledge of Games & Sports, its Current Affairs and Adventure Sports:**

- Games/Sports: Athletics, Basketball, Badminton, Chess, Cricket, Football, Gymnastic, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Tennis, Swimming, Table Tennis, Volleyball and Wrestling, Weight Lifting, Softball, Boxing, Wushu.
- History of respective Game/Sports at International and National level.
- Latest General Rules and Skill Test of above Games & Sports.
- Measurement of Play Fields and Specifications of Sports Equipment of above Game / Sports.

- Adventure Sports-Rock Climbing, Trekking, Mountaineering, River Rafting.

### 13. **Physical Education and sports for children with special needs**

- Meaning of Disability and disorder
- Types of disability, its causes and nature
- Role of Various Professionals (Councilor, Occupational Therapist, Physiotherapist, Speech Therapist and Physical Education Teacher) for children with special needs
- Meaning of Adapted Physical Education.