D.S.C. - 2014

Category of Post: School Assistant – Physical Education Syllabus

Part - I

GENERAL KNOWLEDGE AND CURRENT AFFAIRS (Marks: 30)

Part - II

Language II - English (Content and Methodology) (Marks: 30)

Content

- 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

Methodology

- 1. Aspects of English:- (a) English language History, Nature, Importance, Principles of English as Second Language (b) Problems of Teaching / Learning English.
- 2. Objectives of Teaching English.
- 3. Phonetics
- 4. Development of Language skills:- (a) Listening, Speaking, Reading & Writing (LSRW) (b) Communicative skills.
- 5. Approaches, Methods, Techniques of teaching English: Introduction, Definition and Types of Approaches, Methods and Techniques of Teaching English, Remedial Teaching.
- 6. Teaching of Structures and Vocabulary items.
- 7. Teaching Learning Materials in English
- 8. Lesson Planning
- 9. Curriculum & Textbooks
- 10. Evaluation in English language

Part - III

Physical Education (Marks: 140)

Principles, Philosophy and History of Physical Education

- (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.

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(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

Organization and Administration of Physical Education

- (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.
- (f) Records and Registers Types of Registers Stock, Issue, Attendance, Physical Measurement and fitness record Cumulative Register.
- (g) Supervision Meaning and need; Guiding principles of supervision.

Psychology, Materials and Methods of Physical Education

- (a) Psychology: Meaning and Definition of Psychology Definition of Sports Psychology, Development and stages Motor development, Social development Role of Maturation Individual differences.
- (b) Play Theories of Play
 - Learning Kinds of Learning Laws of Learning Learning curve Transfer of Training.
 - Motivation Meaning, definition and its importance.
- (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.
 - (iv) Lesson Planning Types of Lessons Objectives of Lesson Planning Values of lesson Plan.
 - (v) Tournaments Types of Tournaments Knock out, League and Combination Fixtures for Tournaments Knock-out League fixtures.
 - (vi) Classification Classification of Students Mc Cloys', Cozens, Tirunarayan and Hari Haran, School Games Federation of India students classification.
 - (vii) Characteristics of Good Test.
 - (viii) Training Methods

Definition of Training – importance of Training – Principles of Training – Types of Training Methods – Resistance, circuit, Interval and Continuous warning up types and cool down Fatigue – Types of Fatigue – Effect on sports performance; Various Recovery methods and types of recovery.

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Anatomy and Physiology and Kinesiology

- (a) Structure and Functions of cell
- (b) Skeletal system
 - Bones Axial and Appendicular Skeleton Structure and Functions of bones Types of bones Effect of exercise on skeleton 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.

Health Education, Safety Education and Physiology of Exercise

- (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.
- (e) Food and Nutrition Essential Constituents of food Proteins, CHO, Fats, Minerals, Vitamins Balanced DIET Under nutrition and malnutrition.
- (f) Posture Definition Values of Good Posture Common Pastural deformities Kyphosis, Lordosis, Scoliosis, knocked knees, Flat foot.
- (g) Coordinated School Health programme Health Services, Health Instruction, Health Supervision and Health Record.
- (h) Safety Education Safety on Road, Safety in the School, Safety on playfields.
- (i) 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.

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Officiating and Coaching of Physical Education

- (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.

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