

## **SYLLABUS FOR THE POST OF PHYSICAL EDUCATION TEACHERS**

No. II(2)/SE/(A)/2015.

### **UNIT - 1**

#### **PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION**

Meaning of Physical Education, Physical Culture, Physical Training, Aim and Objectives of Physical Education.

Physical Education in Ancient Greece – Sparta and Athens – Ancient and Modern Olympic Games – Asian Games.

Physical Education in India – SAI, SDAT, School Level Competitions in Tamil Nadu– RDG, BDG, RDS, School games federation of India

Biological foundation – Somatic Type- Sheldon & Kretschmer Growth and Development – Heredity and Environment – Age characteristic- Individual Difference- muscle tone, Athletic heart – Reciprocal inversion – Vital capacity – Chronological age –Physiological age – mental age.

### **UNIT - 2**

#### **SPORTS MANAGEMENT IN PHYSICAL EDUCATION:**

Meaning of Sports management, Scheme of Organisation – School, District and State.

Care and Maintenance of equipments and play field – Qualities and qualification of Physical education teacher. Preparation of Time Table. Types of Physical Education period, records and registers, budget and finance.

Supervision - Qualification and duties of Supervisor – visits – Periodical, Surprise, Request, Visitation procedure, Report on visit.

### **UNIT - 3**

#### **METHODS OF PHYSICAL EDUCATION:**

Principles of Class Management - Formation - Types of commands - Methods, Oral, Demonstration, limitation, dramatization, At will method, Set drill Method, Part Method- Whole method- Whole Part Whole Method- Progressive part method.

Lesson Plan - Particular lesson plan-General lesson Plan.

Tournaments - Intramural - Extramural - Types of Tournament - Knock out, league, combination, challenge - Drawing of Fixtures of various competitions.

## **UNIT - 4**

### ANATOMY AND PHYSIOLOGY:

Cell structure and properties - Tissues - Organs - Axial and appendicular skeleton- Classification of joints - Types of muscles-Blood - Composition of Blood- Blood groups - Functions of Blood.

Heart- Structure of the Heart - Cardiac cycle - circulation of Blood

Respiratory passage- Lungs - Structure and Functions - Exchange of Gases - Mechanism of Respiration.

Structure and function of Tongue, Teeth, Salivary Glands, Stomach, Small and large intestines, pancreas and liver, kidney and skin.

Location and Function of the Endocrine Glands - Pituitary, Thyroid, Para thyroid, Adrenalin and sex Glands.

Central Nervous system- Brain - functions of the parts of Brain - spinal cord -Reflex action - Nerves - Autonomous nervous system.

## **UNIT - 5**

### OFFICIATING AND RULES OF GAMES AND SPORTS AND TRAINING:

History and Development of Games and Sports - Ground Dimension and Marking - Standard Equipment, Rules of games and officiating.

Hockey, Foot Ball, Volley Ball, Basket Ball, Kabaddi, Khokho, Badminton, Ball Badminton, Table Tennis, Throw ball, Hand Ball, Tennikoit, Cricket, Chess, Carrom.

Lay out of standard track (400 metres) - Staggers for 200,400,800 ,

Relay zone marking for 4x100, 4x400 m, - Layout of sector for Shot put, Javelin, Discus- Long jump, High jump.

Types of Training - Weight training - Circuit training - Fartlek Training -Interval Training.

## **UNIT - 6**

### EVALUATION AND MEASUREMENT:

Selection of Test- criteria for a Good test - validity - Reliability - Objectivity - Norms.

Components of Physical Fitness - Physical fitness test - AAPHERD youth fitness test - JCR Test - Barrow Motor Ability Test - Harvard step test - 12 minutes **run** /Cooper test.

Test for specific sports skills.

Badminton	:	French short Service Test
Basket Ball	:	Johnson Basket Ball Test
Hockey	:	Schmithal French Field -Hockey Test.
Foot Ball	:	Mc Donald soccer volley Test
Volley Ball	:	Russell Lange volley Ball Test
Tennis	:	Dyer Tennis test

### **UNIT - 7**

#### **HEALTH EDUCATION, NUTRITION AND SPORTS TRAUMA. MANAGEMENT:**

Meaning of Health Education – Health Services and Supervision – Infection immunity – Causes of Disease – Malaria, Small Pox, Dysentery, Mumps, Typhoid.

Nutrition and Diet, Components of Food.

Sports injuries – Meaning – Importance – Treatment for shock, Poisoning, Drowning, Bleeding, Fractures, Sprain, Strain, Dislocation, Fainting, Abrasion, Dog bite, First Aid Box, Cuts – Kinds of Bandage, Kinds of Dressing, Sun stroke- General rule for burns – Snake Bite.

Physiotherapy – Definition – importance of Physiotherapy, Principles of Physiotherapy – Electro therapy – Hydro therapy –Thermo therapy, Massage – Posture – Postural Deformities – Therapeutic Exercises and Uses.

### **UNIT - 8**

#### **SPORTS PSYCHOLOGY :**

Meaning of Psychology – its role in Physical Education – Personality - Types of Personality – 1.Q – Theories of learning – Conditioned Response – Trial and Error – insightful.

Laws of Learning – Transfer of Learning – Positive – Negative – Theories of Play