

# RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

## SYLLABUS FOR EXAMINATION FOR THE POST OF P.T.I. - II GRADE, SECONDARY EDUCATION DEPARTMENT PAPER - II

1. **Knowledge of Physical Education of Secondary and Senior Secondary Standards:** **60 Marks**
  - Meaning and Definition of Physical Education – Its aims and objectives.
  - Scope, Need and Importance of Physical Education
  - Misconceptions about Physical Education
  - Meaning, Importance of Physical Fitness and Wellness
  - Factor affecting Physical Fitness and Wellness
  - Importance of Sociology in Physical Education and Sports
  - Games and Sports as cultural heritage
  - History, Aims, Objectives and Role of Kinesiology in Physical Education and sports
  - Law of Motion, Leverage, Force, Center of Gravity, Equilibrium.
  - Common Postural Deviations
  - Therapeutic Modalities in Rehabilitations
  - Sports Massage : History, Effect and Types of Massage Manipulations
  - Prevention and First Aid for Common Sports Injuries
  - Origin insertion and action of the following muscles : Pectoralis Major & Minor, Serratus Anterior, Rectus Abdominis, Latissimus Dorsi, Deltoid, Biceps, Triceps, Quadriceps, Hamstring & Sartorius.
  - Exercise programme for the development of muscles the following parts of the body : Chest, Abdomen, Back, Neck, Arm, Thigh, Calf.
  
2. **Knowledge of Sports, Physical Education :** **40 Marks**
  - History of Games/Sports (Athletics, Basketball, Badminton, Cricket, Football, Hockey, Judo, Kabaddi, Kho-Kho, Tennis, Table Tennis, Volleyball, Wrestling, Gymnastic and Swimming)
  - Rules of Games & Sports
  - Measurement of play fields and specifications of sports equipment
  - Marking of track & play fields
  - Fundamental Skills of Games & Sports
  - Related Sports terminologies
  - Important tournaments and venues
  - Sports Personalities
  - Sports Awards
  - Modern Olympic Games: Start of Olympics, Objectives and Motto of Olympic, Olympic Flag, Medal Ceremony, Olympic Charter, Opening and Closing Ceremonies
  
3. **Theories and History of Physical Education :** **20 Marks**
  - Biological Foundations: Heredity and Environment, Growth and Development, Chronological, Anatomical, Physiological and Mental ages, Types of body.
  - Philosophical Foundations: Idealism, Pragmatism, Naturalism, Existentialism and Physical Education
  - Physical Education in Ancient India : Vedic period, Epic period and Medieval periods
  - Physical Education in the city states of Greece
  - Physical Education in India: Pre and post independence period
  - Contribution to the growth of Physical Education by leaders and movements of following: G.D. Sondhi, Dr. P.M. Josheph, Prof. Karan Singh, Sh. H.C. Buck and Prof. Ajmer Singh and Baron Pierre De Coubertin.
  - Movements : Turnverin Movement, Spartakiad Y.M.C.A. and Akhada's.
  
4. **Education and Sports Psychology:** **20 Marks**
  - Meaning, Definitions, Nature, Branches and Scope of psychology
  - Importance of Psychology in Education with special reference to Physical Education
  - Individual differences
  - Learning: Definition, Types, Theories and Factors affecting learning Curve and Plateau, Laws of learning
  - Transfer of training
  - Motivation: Types and Role in Teaching Physical Activities
  - Personality: Meaning, Nature, Classification and Factors affecting performance
  - Instincts & Emotions : Definition, Characteristics and types

5. **Methods, Supervision and Organizations of Physical Education** **20 Marks**
- Types of teaching methods, Principles of teaching, Presentation technique, Principles of class management
  - Lesson planning: Types of lesson, Objectives and Parts of lessons
  - Audio – Visual aids and Teaching gadgets
  - Guiding principles, Essential features, Techniques and Qualities of supervision
  - Organization and conduct of Competitions and Tournaments: Knock-out, League, Combination and Challenge.
  - Public Relation : Meaning and its importance in the Physical Education & Sports.
6. **Principles of Coaching and Officiating:** **20 Marks**
- Meaning, Importance and Principles of officiating
  - Qualities & qualifications of a good official
  - Meaning of Teaching, Training and Coaching.
  - Importance, Principles & Type of Motor abilities
  - Method of improving motor abilities
  - Different training methods
  - Warming up, limbering down, aerobic and anaerobic activities, Calisthenics and Rhythmic exercises
  - Characteristics of sport training
7. **Basic Anatomy & Physiology:** **40 Marks**
- Meaning and concept of anatomy, Need and importance in Physical Education
  - Cell, tissue, Organ and System
  - Function & types of bones
  - Definitions and classification of joints, Terminology of movement around a Joint Structure and Functional classification of muscles, General Characteristics (Properties) of Muscles
  - Effects of exercise on muscular system, Circulatory system, Respiratory system and Digestive system
  - Second wind and oxygen-debt
  - Health Education: Concept, Objectives, Importance and Principles
  - Health problems
  - Hygiene, Community health, School health services
  - Food, Nutrition, Balance Diet and Diet for various sports activities
  - Communicable Diseases: AIDS, Hepatitis, Rabies, Tetanus, Malaria and Tuberculosis, Whooping Cough, Diphtheria and Leprosy
8. **Recreation, Camping and Yoga** **40 Marks**
- Recreation: Definition, Types, Scope, Significance, Philosophy and Objectives
  - Theories of play and recreations
  - Organization and administration: Agencies offering recreation, Facilities, Equipments and their Maintenance
  - Types of recreational activities
  - Camping: Scope and significance, Types of camps, Selection and layout of camp sites
  - Organization and administration of camps
  - Leadership: Types, Qualities and Techniques
  - Yoga: Meaning, Types, Stages, Scope, Objective and Significance
  - Yogic Kriyas
  - Types of Asanas and phases of Pranayama
  - Advantages of Asanas: Bhujangasana, Shalabhasana, Paschimotanasana, Padmasana, Tadasana, Sarvangasana, Mayurasana, Chakrasana, Savasana, Vajrasana, Halasana, Ardha matsyendrasana

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**Pattern of Question Paper :**

For the competitive examination for the post of P.T.I. Grade II :-

- 1 The question paper will carry maximum **260 marks**.
- 2 Duration of question paper will be **Two hours 30 minutes**.
- 3 The question paper will carry **130 questions of multiple choices**.
- 4 All questions carry equal marks.
- 5 There will be **Negative Marking**.

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