



Ramakrishna Mission Vidyapith

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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 recentdevelopments-contribution of important personality/ events/ Movement for the development of the physical education in Europe and in India.
- 3. Psychological Aspects:** Instincts - Reflex action - Reaction time - Movement time - Response time. Learning - its laws and theories and their application in the field of physical education and sports - Plateau - Transfer of learning - Perceptual motor learning. Factors affecting performance - Motivation - Interest - Attention - Habit - Emotion - Personality.
- 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.
- 6. Health and Health Education:** Health instruction -Health supervision Health services - Agencies promoting health Environmental pollution Prevention and control of communicable diseases- Balanced diet and its constituents - Effect of smoking, alcohol and drug on health and Sports performance - First-Aid management of common sports injuries.
- 7. Teaching Methodology:** Lesson planning presentation techniques-use of teaching aids-coeducational activities and their management qualities of physical education teacher and coach.

- 8. Management Aspects:** House system – Classification of students – Intramural and extramural competitions – Officiating, Rules and regulations of common games and sports including Swimming, Gymnastics and Track and Field events – Layout of play fields (Kabaddi, Kho-Kho, Badminton, Volleyball, Hockey, Track & Field) – Budgeting. Various types of tournaments, Administration of sports and physical education in School, College and University.
- 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.
- 10. Aspects of Sports Training:** Warm-up-Conditioning – Weight training and its basic principles- Load and overload – Periodisation Different Types of sports training – Interval training – Circuit training – Physical fitness- Health related and performance related.
- 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.