

For the post of Written Recruitment Examination for the post of Postgraduate Assistants in Tamil Nadu Higher Secondary Educational Service.

Syllabus: PHYSICAL EDUCATION (Subject Code: P11)

Unit –1

- (i) Definitions of
 - (a) Basic Research (b) Applied Research (c) Action Research
- (ii) Need and Scope of Research.

Unit –2

- (i) Classification of Research data and its collections.
- (ii) Methods of classification and tabulation of data

Unit – 3

Writing a proposal for the following types of Research

- (i) Historical type.
- (ii) Philosophical type
- (iii) Descriptive type
- (iv) Experimental type.

Unit – 4

- (i) Tools and Techniques of Research
- (ii) Hypothesis and Formulation of Hypothesis
- (iii) Writing Research Reports

Unit –5

- (i) Definition need and importance of statistics in Physical Education Research.
- (ii) Qualitative data and attributes and variables
- (iii) Construction of scales/norm -
 - (a) Zigma scale, (b) 'Z' scale (c) 'T' scale (d) Hull scale

Unit –6

Types of statistical process –

- (a) Descriptive
- (b) Comparative
- (c) Relationship
- (d) Inferential
- (e) Predictive

Unit – 7

- (i) Philosophy in Evaluation in Physical Education
- (ii) Criteria for Evaluation –
 - (a) Validity
 - (b) Reliability
 - (c) Objectivity

- (d) Administrative procedure
- (iii) Modern concept of curriculum in Physical Education
- (iv) Sources of curriculum materials.
Text books, journals, dictionaries, encyclopedias, magazines, etc.

Unit – 9

- (i) Definition of Teaching, Training and Coaching in Sports/Physical Education
- (ii) Periodisation in Training.
- (iii) Concept of Sport Injury Management.
- (iv) Misuse of Drugs in Sports.

Unit – 10

- (i) Concept of Health – Physical Health, Mental Health and Community Health
- (ii) Health Education Programmes in schools.
 - (a) Health Supervision
 - (b) Health instruction
 - (c) Health services
- (iii) Signs –Symptoms and preventions of communicable Diseases and AIDS.

Unit – 11

- Meaning of sports Psychology and its importance.
- (ii) Motor Learning and motor performance.

Unit –12

- (i) Basic consideration in motor fitness----
 - (a) Body build
 - (b) Mental aspects
 - (c) Physical fitness
 - (d) Reaction time
 - (e) Movement time
- (ii) Components of physical fitness

Unit –13

- (i) Sense Perception -----
 - (a) Vision
 - (b) Kinesthesia
 - (c) Tactil
- (ii) Emotional effects----
 - (a) Tension
 - (b) Anxiety
 - (c) Stress
- (iii) Breathing exercises and Asanas towards reduction of the above emotional disturbances

Unit –14

- (i) Definition of tactics and strategy

- (ii) Offensive and Defensive Strategies
- (iii) Training methods-circuit Training interval and weight training

Unit -15

- Places of test in training
- (i) Types of tests
- (ii) National competition
- (iii) Yogasanas and its values.

Unit -16

- Rule of sports and games included in the school games federation competitions
- (a) Ground making maintenance
- (b) Equipments required
- (c) Officials required and their duty.

Unit -17

- (i) Lay out of standard track(400 meters)
- (ii) Staggers for 200,400.800.
- (iii) Relay zone marking for 4*100,4*400.
- (iv) Layout of sector for -----
 - (a) Javeline
 - (b) Shotput
 - (c) Discuss and
 - (d) Hammer throw events.

Unit -18

- Principles and techniques of supervision
- (i) Role of primary school teachers towards physical education programme
- (ii) Functions of DTERT/DIET/Nehru Yuva Kendra.

Unit -19

- (i) Sports authority of Tamilnadu
- (ii) National integration by sports
- (iii) Sports-a social need.

Unit -20

- Definitions of ----
- Balanced diet
- (i) Nutritions
- (ii) Food components needed for growing children
- Chief minister's mid-day meals scheame.