



JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION
SOLINA, SRINAGAR.
(www.jkpsc.nic.in)

NOTICE
DATED: 13.10.2015

Subject: Syllabus/Screening Test for the posts of Lecturer Physical Education.

Whereas, the J&K Public Service Commission vide Notification No.09-PSC(DR-P) of 2014 dated 20.03.2014 invited applications for the 193 (One hundred ninety three) posts of Lecturer Physical Education in Technical Education/Youth Services and Sports Department; and

whereas, in response to the above said notification, the Commission received a total number 1316 applications, out of which candidature of 21 candidates has been rejected vide Notice dated 03.09.2015 indicating reasons therein; and

whereas, in the Notification dated 20.03.2014, it was inter-alia, mentioned that a screening test shall be conducted in case the number of applications exceeds 350; and

Now, therefore, in views of large number of applications received (1295), the J&K Public Service Commission is going to conduct a screening test on 29.11.2015 at 10.00 A.M. to 12.00 Noon to shortlist candidates for interview in terms of Rule 40 (ii) of the J&K Public Service Commission (Business & Procedure) Rules, 2005; and

In view of the foregoing, the syllabus for the above said screening test is notified as under: -

I

- i. **Physical Education:** Definition, Aims, Objectives & Scope of Physical Education. Modern trends in Physical Education and Sports.
- ii. **Biological Basis:** its nature, need and Importance. Benefits of Exercises, Growth and Exercises, Characteristics of Adolescence, Body types, Role of Heredity and Environment, Age and Sex Differences in Relation to Physical Activity.
- iii. **Sociological Basis :** its nature, need and Importance, Socialization Process, Social nature of men and Physical Activity, Sports as Cultural Heritage of mankind, customs, traditions and sports , competitions and cooperation, Development of leadership qualities & social values.
- iv. **Psychological Basis:** its nature, need and Importance, play and play theories, general principles of growth and development, principles of motor-skill acquisition, transfer of training effects.
- v. **Philosophies Basis:** Philosophies of Education as applied to Physical Education, Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.

II

- i. Physical Education in India.
- ii. Physical Education in ancient Greece, Rome and contemporary Germany, Sweden, Denmark and Russia.
- iii. Women in Sparta and Athens.
- iv. Olympic movement-Historical development of Ancient and Modern Olympics Games.
- v. Asian Games, Commonwealth Games, SAARC Games.
- vi. National Sports Awards.
- vii. Contribution of Leaders in physical Education: ***In India*** (Mahatma Gandhi, Abdul Kalam Azad, Pandit Jawahar Nehru and H.C.Buck) ***In Abroad*** (Gutts Muth, Per Henrik Ling, Johann Bernardh Basedow, Franz Nachtejjall.
- viii. Central Advisory Board of Physical Education and Recreation (National Discipline Scheme, Kaualkapoor Committee, National Physical Efficiency Drive, Kunzuru Committee).
- ix. Sports Bodies/Institutions-Sports Authority of India, All India council of Sports, National institute of Sports, L.N.I.P.E. Institute of Sports.
- x. Associations/Federations their composition and functions.

III

- i. Meaning and importance of kinesiology in the field of Physical Education.
- ii. Origin insertion and action of the muscles (Pectoralis Major, Deltoid, Biceps, Rectus abdominus, Trapezius, Latissimus Dorsi, Rectus Femoris, Sartorius, Biceps Femoris, Gastrocemenous.
- iii. Lever, types of lever and its implication in sports.
- iv. Motion, types of Motion, laws of Motion and its implication.
- v. Effect of exercises on different systems of human body
- vi. Joints and their movements. (Planes and Axes)
- vii. Postural deformation and their correction.
- viii. Mechanical analysis of various sports activities.
- ix. Massage (Manipulation and therapeutical exercises)
- x. Importance of Therapies (Physiotherapy, hydrotherapy and Electric Therapy.)

IV

- i. Meaning, definition, and need of research in Physical education.
- ii. Formulation and Selection of research problem.
- iii. Types of Research (Fundamental, Applied and Action Research)
- iv. Sampling-Process and Techniques (Probability, non-probability and sampling designs)
- v. Methods of research- Historical, descriptive & Experimental Research.
- vi. Hypothesis-formulation, types and testing
- vii. Data collection- tools and Techniques.
- viii. Statistical Techniques of data analysis-measures of central tendency and variability, correlation, normal probality curve, t-test and f-test, chi-square, z-test.
- ix. Silent features of research proposal.
- x. Writing of a Research Report.

V

- i. Meaning, Importance & principles of Measurement & Evaluation.
- ii. Modern Developments in Physical Education Measurements.
- iii. Criteria of Test (Objectivity, Reliability, Validity, Norms).
- iv. Construction and classification of tests.
- v. Criteria of test Evaluation.
- vi. Test Administration (Pre-Planning, Duties during testing & Post test Duties)
- vii. Test of motor ability-Fitness & Cardiovascular Endurance-Barrow Motor Ability Test, Phillip's J.C.R Test, AAHPER Youth Fitness Test, Cooper's Aerobics Test, Harvard Step Test & Tuttle Pulse Ratio Test.
- viii. Sports Skill Test for Johnson Basketball Test, Modified Bredy Volleyball Test, Mitchell Modification of the McDonald Soccer Test, Fridel Field Hockey Test, Lockhart & Mepherson Badminton Skill Test, Cornist Handball Test, Mott-Lockhart Table tennis Test & Nelson- Cozens Track Skill Achievement Test.
- ix. Testing psychological variables-competitive anxiety, aggression, team cohesion, motivation, and self-concept.
- x. Anthropometric measurements and body composition.

VI

- i. Concept and principles of sports management.
- ii. Principles of organization and Administration.
- iii. Organization and functions of sports bodies.
- iv. Methods and techniques of teaching.
- v. Concept of techniques of supervision.
- vi. Preparation & Principles of Planning Physical Education lesson.
- vii. Intra-Mural and Extra-Murals.
- viii. Pupil teacher interaction and Relationship.
- ix. Budget and its importance in Physical Education.
- x. Classification, its types and Importance.

VII

- i. Meaning, Aims and Characteristics of Sports Training.
- ii. Principles of Sports Training. Factors influencing performance in sports.
- iii. Conditional Ability-Basic methods of conditioning, strength, speed and Endurance.
- iv. Flexibility and Coordinative Abilities.
- v. Training load and over load.
- vi. Training methods and specific training programmes for development of various motor qualities.
- vii. Technical and Tactical preparation for sports.
- viii. Training plans- training conception, yearly plan, meso-cycle and micro-cycle plan
- ix. Preparing for competition-(build up competitions, main competition, competition frequency, psychological preparation).
- x. Criteria for selection of players at different levels. Sports talent identification-process and procedures.

VIII

- i. Meaning and Objectives of Health Education.
- ii. Guiding principles of Health & Health Education.
- iii. Nutrition and dietary manipulation, specific nutrition supplementations to games/sports.
- iv. Health related fitness, obesity and its management.
- v. Balance Diet W.H.O (World Health Organization)
- vi. Communicable and Non-Communicable Diseases.
- vii. Types of Muscles, Chemistry of Muscles, types of bones & Joints.
- viii. Common Athletic injuries, Causes and Treatment (Sprain, Strain, contusion, laceration, fracture & Dislocation.)
- ix. Meaning and Scope of Sports Medicine.
- x. Role of Physical Education teacher in relation to school health services & healthful school environment.

IX

- i. Meaning, Definition and importance of Sports Psychology.
- ii. Aims, Objectives and Scope of Sports Psychology.
- iii. Relationship between Psychology and Sports Psychology.
- iv. Learning process-theories and laws of learning.
- v. Motivation theories and dynamics of motivation in sports.
- vi. Psychological factors affecting sports performance- viz stress. Anxiety, tension and aggression.
- vii. Personality, its dimensions, theories, personality and performance.
- viii. Individual differences and their impact on skill learning and performance.
- ix. Group dynamics, team cohesion and leadership in sports.
- x. Sociometrics, economics and politics in sports.

X

- i. Rules of games and Sports-measurements, Score-sheets, tournaments and Fixtures.
- ii. Duties of officials pertaining to various games, athletic (track and field events).
- iii. Meaning, Definition, Origin & Types of Yoga, its contribution to this world.
- iv. Asanas, its importance & their Effects.
- v. Modern concept of supervision, factors, techniques and Guiding principles of supervision.
- vi. Duties pertaining to Administration and Supervision, various methods in supervision.
- vii. Teaching Aids : Audio and Visual Aids, new technologies in Physical Education and Sports.
- viii. Meaning, Definition, importance of Recreation & agencies providing Recreation.
- ix. Theories and principles of recreation & recreation programme for various categories of people.
- x. Meaning, importance of camping, selection and lay out of camp sites, types of camps and camp activities.

Sd/-

(Shakeel Ul Rehman)

Secretary & Controller of Examinations

No: PSC/DR/Tech/Lect. Phy. Edu./2014

Dated: 13.10.2015