

Syllabus for the CBT Exam of Physical Education Teacher (PET) to be conducted by HPRCA

1. SUBJECTS AS PER ESSENTIAL QUALIFICATION

A. Foundations & History of Physical Education

i. Foundations of Physical Education:

- Meaning, Definition, Nature & Scope of Physical Education.
- Aims & Objectives
- Physical Education as a valued human practice
- Relationship with Biological & Social Sciences.

ii. History of Physical Education

- Development of Physical Education in India
- Ancient Olympic Games
- Modern Olympic Games
- Asian Games
- Commonwealth Games
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iii. Sports Policies & Schemes

- National Sports Policy
- Fit India Movement
- Khelo India Programme
- Sports Promotion Schemes in Himachal Pradesh
- National & State award
- International, National & State sports Bodies

B. Sports Anatomy, Physiology & Exercise Sciences:

i. Human Anatomy & Physiology

- Skeletal System
- Muscular System
- Circulatory System
- Respiratory System
- Digestive System
- Nervous System
- Levers
- Body Joints
- Bones Type

ii. Exercise Physiology

- Effects of Exercise
- Aerobic & Anaerobic Exercise
- Warm-up & Cool-down
- Fatigue & Recovery
- Oxygen Debt

iii. Kinesiology & Biomechanics

- Human Movement
- Planes & Axes
- Force & Motion
- Newton's Laws of Motion
- Balance & Equilibrium
- Centre of Gravity

iv. Health & Nutrition

- Balanced Diet
- Macronutrients & Micronutrients
- Vitamins & Minerals
- Sports Nutrition
- Hydration
- Weight Management
- BMI & Obesity

C. Sports Psychology & Sociology

i. Sports Psychology

- Meaning & Scope
- Personality
- Motivation
- Learning
- Anxiety
- Stress
- Aggression
- Attention & Concentration

ii. Sports Sociology

- Sports as Social Institution
- Socialization through Sports
- Leadership
- Team Dynamics
- Sportsmanship & Ethics

iii. Growth & Development

- Stages of Growth
- Motor Development
- Learning Motor Skills

D. Sports Training & Kinesiological Pedagogy

i. Principles of Sports Training

- Overload
- Specificity
- Progression
- Reversibility
- Individualization

ii. Methods of Training

- Continuous Training
- Interval Training
- Circuit Training
- Fartlek Training
- Plyometric Training

iii. Components of Physical Fitness

- Strength
- Speed
- Endurance
- Flexibility
- Coordination
- Agility

iv. Teaching Pedagogy

- Teaching Methods
- Lesson Planning
- Class Management
- Audio-Visual Aids

E. Organization, Administration & Sports Medicine

i. Organization & Administration

- School Sports Management
- Budget Preparation

- Sports Facilities
- Equipment Management

ii. Tournament Organization

- Knock-out Tournament
- League Tournament
- Round Robin Tournament
- Combination Tournament
- Challenge Tournament
- Fixture Drawing

iii. Sports Medicine

- First Aid
- Sports Injuries
- Sprain, Strain, Fracture & Dislocation
- Cryotherapy & Thermotherapy

F. Rules, Officiating & Coaching of Games

i. History, Rules, Dimensions, Equipment, Officiating Signals & Fundamental Skills

ii. Team Games

- Kabaddi
- Kho-Kho
- Volleyball
- Basketball
- Football
- Cricket
- Hockey
- Handball
- Badminton
- Table Tennis
- Chess

iii. Individual Sports

- Athletics (Track & Field Events)
- Wrestling
- Boxing
- Taekwondo
- Judo
- Kurash
- Karate

iv. Traditional Activities

- Yoga (Asanas, Pranayama, Ashtanga Yoga)
- Gymnastics

2. GENERAL AWARENESS

- (a) General knowledge: General Knowledge including General knowledge of HP
- (b) Current Affairs .
- (c) Everyday Science .
- (d) Logical Reasoning .
- (e) Social Science (10th standard).
- (f) General English (10th standard)
- (g) General Hindi (10th standard)