

SYLLABUS**LECTURER (SCHOOL EDUCATION)****PAPER – I****COACH****General Studies****1. History of Rajasthan and Indian History with special emphasis on Indian National Movement**

- Development of Literature, Art and Architecture during Gupta and Mughal Period.
- Freedom Struggle of 1857. Prominent Leaders of National Movement, V.D. Savarkar, Bankim Chandra, Lal, Bal, Pal, Chandra Shekhar Azad, Bhagat Singh, Sukhdev, Ras Behari Bose, Subhash Chandra Bose, Social and Religious Renaissance- Raja Ram Mohan Roy, Dayanand Saraswati and Vivekanand.
- National movement with special reference to Mahatma Gandhi, Jawahar Lal Nehru, Vallabhbhai Patel, Maulana Azad and B.R.Ambedkar.
- Ancient Culture & Civilization of Rajasthan- Kalibangan, Ahar, Ganeshwar, Bairath.
- **History of Rajasthan from 8th to 18th Century**
Gurjar Pratihar, Chauhans of Ajmer, Relations with Delhi Sultanate– Mewar, Ranthambore and Jalore, Rajasthan and Mughals – Rana Sanga, Maharana Pratap, Mansingh of Amer, Chandrasen, Rai Singh of Bikaner, Raj Singh of Mewar.
- **History of Freedom Struggle in Rajasthan**
Revolution of 1857, Political Awakening, Prajamandal Movements, Peasants and Tribal Movements.
- **Integration of Rajasthan.**
- **Society and Religion**
Lok Devta and Devian, Saints of Rajasthan, Architecture – Temples, Forts and Palaces, Paintings – Various Schools, Fairs and Festivals, Customs, Dresses and Ornaments, Folk Music and Dance, Language and Literature.

2. Mental Ability Test :

Analogy, series completion, coding-decoding, blood relations, logical venn diagrams, alphabetical test, number ranking and time sequence test, mathematical operations, arithmetical reasoning, data interpretation, data sufficiency, cubes and dice.

Statistics (Secondary Level) :

Collection of data, presentation of data, graphical representation of data, measures of central tendency, mean, mode, median of ungrouped and grouped data.

Mathematics (Secondary Level) :

Natural, rational and irrational numbers, real numbers and their decimal expansions, operations on real numbers, laws of exponents for real numbers, rational numbers and their decimal expansions. Zeroes of a polynomial. Relationship

between zeroes and coefficients of a polynomial. Division algorithm for polynomials. Algebraic methods of solution of pair of linear equations in two variables.

Mensuration :

Surface area of a cuboid and a cube, right circular cylinder, right circular cone, sphere. Volume of a cuboid, cylinder, right circular cone and sphere, Surface area and volume of a combination of solids conversion of solid from shape to another.

3. Current Affairs :

Census of India and Rajasthan 2011, Current Programmes of development in India with special reference to Rajasthan, Schemes of Women Empowerment in India with special reference to Rajasthan, Skill Development Programmes, Renewable Energy Resources and their potential in India. Health and Hygiene Schemes of Rajasthan, Pandemic and its Management. Space Programmes of India, Atomic Energy Programmes, India and the world events of importance, Persons and places of India in current issues, Contemporary events in Science and Technology in India, National and International Awards and Prizes, Latest Books and Authors of India, Sports and Games.

4. General Science :

Atoms and molecules, Chemical reactions and equations, Carbon and its compounds, Force and Laws of motion, Work and energy, Tissues, Control and coordination, Heredity and evolution, Management of natural resources, Protection of environment, Biodiversity and sustainable development.

Indian Polity :

- Salient features of the Constitution of India, Indian Executive, Legislature, and Judiciary - Organization, Theory and Practice, Elections in India. The President of India, Election and Emergency Powers of the President.
- Cabinet, Prime Minister and his powers.
- Parliament, Speaker and his functions.
- Supreme Court – Organization and powers, Commissions and Boards at National level.

Geography of Rajasthan :

Location, extent, shape, size, physical features, drainage, climate, demographic characteristics, agriculture, livestock, mineral resources, energy resources. Tourism and transport. Industries and trade.

Language Ability Test: Hindi

सामान्य हिन्दी

- संधि, संधि-विच्छेद,
- उपसर्ग, प्रत्यय
- अनेकार्थक शब्द, विलोम शब्द, समश्रुत भिन्नार्थक शब्द,
- शब्द-शुद्धि, वाक्य – अशुद्धि
- अंग्रेजी के पारिभाषिक (तकनीकी) शब्दों के समानार्थक हिन्दी शब्द (केवल प्रशासनिक शब्द)



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General English :

- Tenses/Sequence of Tenses
- Voice: Active and Passive
- Narration: Direct and Indirect
- Use of Articles and Determiners
- Use of Prepositions
- Correction of sentences including Subject-Verb Agreement, Degrees of Adjectives, Connectives
- Glossary of Official and Technical Terms (with their Hindi Versions)
- Antonyms and Synonyms
- Forming New Words by using Prefixes and Suffixes
- Words often Confused



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SYLLABUS**LECTURER (SCHOOL EDUCATION)****PAPER – II****COACH (WRESTLING/KHO-KHO/HOCKEY/FOOTBALL)****Part-I: Knowledge of Physical Education & Sports: - Section A**

- **Physical Education** : Introduction, Definition, Aims, Objectives, Scope, Need, Importance and other terms - Wellness, Health education and Recreation.
- Misconceptions about Physical Education and Modern Concepts of Physical Education.
- **Biological Foundation** : Heredity and Environment, Chronological, Anatomical, Physiological and Mental Ages, Body Types/Classification.
- **Psychological Foundation** : Play and their Theories, Growth and Development, Principles of Motor – Skill Acquisition, Transfer of Training Effects.
- **Sociological Foundation** : Traditions, Leadership, Group Dynamics, Socialization and Social Interaction, Competition and Cooperation, Sports as Cultural Heritage, Women and Sports.
- Media and Sports, Spectators and Administrators.
- **Philosophical Foundation** : Idealism, Pragmatism, Naturalism and Realism.
- **Physical Fitness, Health related Fitness** : Warming up, Limbering down, Aerobic and Anaerobic Activities, Calisthenics and Rhythmic Exercises.

Section B

- Exercise programme for the Development of the Following Muscles of the Body: Chest, Abdomen, Back, Neck, Arm, Shoulder, Thigh and Calf.
- Kinesiology and Bio-Mechanics.
- Law of Motion, Lever, Force, Center of Gravity, Equilibrium and their relationship with Sports, Body Composition, Body-Mass Index.
- Posture and Common Postural Deviations / deformities.
- Therapeutic Modalities in Rehabilitations.
- **Sports Massage** : History, Approach, Effect and Types of Massage Manipulations.
- **Olympic Movement** : Historical development of ancient and modern Olympic Games and Para-Olympics.
- Pre and Post Independence History of Physical Education in India.
- SAI and NSNIS and other Coaching Institutes of India.

Section C**Organization, Administration and Management in Physical Education and Sports :**

- Qualification and Responsibility of Physical Education Teacher/Coach. Budget, Record and register.
- Organization Structure of Athletic Meet and Planning of Intra Mural and Extra Mural of Tournament.
- National Fitness Corps.

Part – II : Sports Sciences :**Section A**

- Physiology of Muscular Activity, Neurotransmission and Movement Mechanism.
- Types of Muscle Fibres.
- Physiology of Respiration and Blood Circulation
- Bioenergetics and Recovery Process.
- Ergogenic Aids and Doping.
- Second Wind, Oxygen-Debt, VO₂ max and Kinesthetic Sense.

Section B

- Joints and their Movements- Planes and Axes.
- Mechanical Analysis of Fundamental Movements: Running, Jumping, Throwing, Pulling & Pushing.
- Learning Process Theories and Laws of Learning.
- Motivation, Theories and Dynamics of Motivation in Sports.
- Personality, its Dimensions, Theories, Personality and Performance.
- Psychological factors affecting Sports Performance viz., Stress, Anxiety, Aggression and Goal setting.
- Psychological Preparation in Sports.

Part – III : General Theory and Method of Training:**Section A**

- Sports Training: Aims, Objectives, Principles and Characteristics.
- Training-Means and Methods.
- Training- load, Adaptation and Recovery.
- Periodisation.
- Motor Fitness: Meaning, Types, Principles and Methods of Developing.
- Technical and Tactical Preparation for Sports.

Section B

- Short and long term training plans.
- Sports talent identification process.
- Preparation for competition: build up competition, main competition, competition frequency.
- Coaching and Officiating: Meaning, Importance and Principles.
- Lead-up games activities.
- Evaluation of physical fitness test.

Part – IV : Specific Knowledge of Games/Sports and its current affairs : (Choose one Game/Sport From the following part of your Coaching / Specialization)

(a) Wrestling (b) Kho-Kho (c) Hockey (d) Football

Section A

- History of respective Games/Sports (National and international level).
- Latest Rules and their Interpretations of above Games / Sports.
- Tactics and Strategy of above Games/Sports.
- Fitness (AAHPER Test, Motor Fitness Test, Indiana Test, JCR test, Cooper Test)
- Skill tests of respective Games/Sports.
- Factors influencing Performance in sports.
- Coaching Practice.
- Types of tournament and its organizational Structure : Knock-out, League or Round Robin and Combination Tournament, Challenge Tournament.
- Tournament Preparation and analysis of technologies.
- Organization and Management of Competition of above Games / Sports.
- Mechanics of Officiating of above Games/Sports.

Section B

- Measurement of Play Fields and Specifications of Sports Equipment of above Games / Sports.
- Fundamental Skills of above Games / Sports.
- Related sports terminologies of above Games / Sports.
- First Aid, Sports Injuries related to Games.
- Important tournaments and Venues of above Games / Sports.
- Sports Personalities of above Games/Sports.
- Sports Awards of above Games/Sports.
- Sports Associations or Federations of above Games / Sports.