

**SYLLABUS****LECTURER (SCHOOL EDUCATION)****PAPER – I****PHYSICAL EDUCATION****I. Geographical, Historical, Cultural and General Knowledge of Rajasthan :**

- Physical features, climate, drainage, vegetation, agriculture, livestock, dairy development, population distribution, growth, literacy, sex ratio, tribes, industries and major tourist centres.

- **Ancient Culture & Civilisation of Rajasthan, Kalibangan, Ahar, Ganeshwar, Bairath.**

- **History of Rajasthan from 8th to 18th Century**

- Gurjar Pratiharas
- Chauhans of Ajmer
- Relations with Delhi Sultanate–Mewar, Ranthambore and Jalore.
- Rajasthan and Mughals – Sanga, 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.

**Political and Administrative System of Rajasthan:**

- Office of Governor; Role and Functions.
- Chief Minister and Cabinet (State council of Ministers).
- State Secretariat and Chief Secretary.
- Organisation and Role of the Rajasthan Public Service Commission.
- State Human Rights Commission.

- Panchayati Raj (Local Self Govt. Administration).
- State Legislative Assembly in Rajasthan.

## II. Current Affairs of Rajasthan :

- Major current issues and happenings at state level related to socio-economic, political, games and sports aspects.

## III. General Knowledge of World & India:

- Continents, Oceans and their characteristics, global wind system, environmental issues and strategies, globalization and its impacts, population distribution and migration.
- **India:** - Physical features, monsoonal system, drainage, vegetation and energy resources.

### Indian Economy :

- Growth and Development in Agriculture, Industry and Service Sector in India. Foreign Trade of India: Trends, Composition and Direction.

### Indian Constitution, Political System and Foreign Policy :

- Constitutional History of India with special reference to Government of India Acts of 1919 and 1935.
- Indian Constitution- Role of Ambedkar, making of Constitution, salient features, Fundamental Rights, Fundamental Duties, Directive Principles of State Policy.
- Offices of the Indian President and Prime Minister.
- Political Parties and Pressure Groups.
- Principles of India's Foreign Policy and Nehru's contribution in its making.
- India and U.N.O., emerging trends in International Politics with special reference to Globalization.

## IV. Educational Psychology :

- **Educational Psychology** – its meaning, scope and implications for teacher in classroom situations.
- **Development of Learner** – concept of growth and development, physical, emotional, cognitive, moral and social development.
- **Learning** – its meaning and types, different theories of learning and implications for a teacher, transfer of learning, factors affecting learning, constructivist learning.
- **Personality** – meaning, theories and measurement, adjustment and its mechanism, maladjustment.
- **Intelligence and Creativity** – meaning, theories and measurement, role in learning, emotional intelligence- concept and practices.
- **Motivation** – meaning and role in the process of learning, achievement motivation.
- **Individual Differences** – meaning and sources, education of children with special needs – Gifted, slow learners and delinquent.
- **Concept and Implications in Education of** – Self concept, attitudes, interest & habits, aptitude and social skills.

**SYLLABUS****LECTURER (SCHOOL EDUCATION)****PAPER – II****PHYSICAL EDUCATION****1. General Knowledge of Physical Education of Secondary and Senior Secondary Standard :**

• **Physical Education:** Meaning, Aims, Objectives, Scope, Need and Importance. Misconceptions about Physical Education and Modern Concept of Physical Education.

**Biological Foundation:** Heredity and Environment, Chronological, Anatomical, Physiological and Mental ages. Body types/Classification, Second Wind, Oxygendebt and Kinesthetic Sense and VO2 Max.

**Psychological Foundation:** Learning, Personality, Instinct, Emotions, Motives and Motivation.

**Sociological Foundation:** Traditions, Leadership, Group Dynamics, Socialization and Social Interaction.

**Philosophical Foundation:** Idealism, Pragmatism, Naturalism, Realism, Existentialism and Humanism.

• **Physical Fitness, Wellness and Lifestyle:** Warming up, Limbering down, Aerobic and Anaerobic Activities, Calisthenics and Rhythmic Exercises.

Changing Trends and Career Options in Physical Education.

Exercise Programme for the Development of Whole Body.

Physical and Health related Fitness Test.

Sports Biomechanics, Kinesiology, Test and Measurement and Evaluation in Sports.

• Women Participations in Sports.

Games and Sports as Cultural Heritage.

Posture and Common Postural Deformities.

Therapeutic Modalities in Rehabilitations.

Ergogenic Aids and Doping in Sports.

**Sports Massage :** History, Approach, Effect and Types of Massage Manipulations.

Prevention and First Aid for Common Sports Injuries.

**2. General Knowledge of Sports, Physical Education and its Current Affairs :**

**Games/Sports :** Athletics, Basketball, Badminton, Chess, Cricket, Football, Gymnastic, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Tennis, Swimming, Table Tennis, Volleyball and Wrestling, Weight-Lifting, Softball, Boxing, Wushu.

• History of respective Game/Sports at International and National level.

Latest General Rules and Skill Test of above Games & Sports.

Measurement of Play Fields and Specifications of Sports Equipment of above Game / Sports.

Fundamental Skills of above Games / Sports and their Strategies and Tactics.

Related sports terminologies of above Games / Sports.

- Proper Sports Gear of above Games/sports, Competition/ Tournament, Specific Sports Programme: Sports Day.

Sports Personalities and Awards.

**Adventure Sports** - Rock Climbing, Trekking, Mountaineering, River Rafting.

Sports Associations and Federations.

Ancient and Modern Olympic Games and Para-Olympics.

- **Research Methodology and Information Communication Technology :**

**Research-** Meaning, Definition, selection of Problem, Statistical Techniques (F test, T Test, Z Test, ANOVA, SPSS).

**Information Communication Technology** - Communication and Classroom Introduction, Teaching Learning Process (MS Office/ Excel).

### **3. Theories, Definitions and History of Physical Education :**

- **History of Physical Education in India:** Pre and Post Independence period. Physical Education in the City/States of Greece and other Countries.

- **Contribution to the Growth of Physical Education by Leaders and Movements of following Leaders :** Baren P. Coubertin, John Basedow, Guts Muths, H. C. Buck, G. D. Sondhi, Dr. P. M. Joseph, Prof. D. G. Wakharkar, Prof. Karan Singh and Prof. Ajmer Singh.

- SAI, SNIPES, NSNIS and other Prestigious Institutes of India. Rajasthan State Sports Council.

### **4. Education and Games Psychology :**

- **Sports Psychology :** Meaning, Definitions, Nature and Scope. Growth and Development Stress, Anxiety, Aggression and their Management.

- Psycho-Physical Unity, Motivation, Personality. Coping strategies, Self-Esteem and Body Images. Psychological Benefits of Exercise. Sports Ethics, Morality and Moral Values.

### **5. Methods, Supervisions and Organizations of Physical Education :**

- Types of Teaching Methods, Principles of Teaching, Presentation Technique, Class Management of Physical Education, Inspection, Budget, Time Table, National Fitness Corps, Infrastructure.

**Lesson Planning :** types of Lesson, objectives and parts of lessons, Teaching Aids.

- Planning, Records and Register.

Organization and Conduct of Competitions and Tournaments: Knock-Out, League, Combination and challenge or perennial type tournament. Public relation: meaning, importance in physical education and sports.

## 6. Theories of Training & Decisions :

- **Sports:** Principles, Characteristics and Methods.

Training Load Adaptation and Periodization; Importance, Objective, Types, Concepts of Different Periods.

Motor Fitness components

- Training Plans
- **Coaching :** Meaning, Techniques, Tactics and Lead-up Games Activities.
- **Officiating :** Meaning, Importance and Principles. Official/ Officials.
- Qualities, Qualifications & Responsibilities of Administrators/ Officials.

## 7. Science of Basic Physical Anatomy, Function and Health Education :

- **Anatomy :** Meaning, Concept, Need and Importance in Physical Education & Sports.

Cell, Tissue and Organ System, Physiology of Sports.

**Bones and Joints :** Definition, Classification and Terminology of Movement around Joints.

**Muscles :** Types, Structure and Functional Classification, General Characteristics (Properties). Macro and Micro Structure of Skeletal Muscles, Sliding Filament Theories, Physiology of blood.

**Exercise Physiology :** Meaning, Need and Importance in Physical Education & Sports. Effects of Exercise on Body Systems, Bio-energetics.

- **Health:** Dimensions, Ecology, Spectrum, Determinants and Positive health, Hygiene, Community Health and Aspects of School Health Services.

**Health Education:** Concept, Objectives, Importance and Principles.

Sports, Nutrition, Balance Diet and Diet according to Sports Activities, Weight Management.

Health Problems in India.

**Diseases :** Communicable, Non-communicable and Hereditary. Effects of Alcohol, Tobacco & Drugs on Sports person.

Drugs and Doping, Athletics Care, Rehabilitation.



**8. Entertainment, Camp and Yoga :**

- **Recreation:** Definition, Types, Scope, Significance, Philosophy and Objectives. Theories of Play.

Agencies Offering Recreation, Facilities, Equipments and their Maintenance, Types of Recreational Activities.

- **Camping :** Scope, Significance and Types of Camps, Selection and Layout of Camp sites, Organization and Administration of Camps.

- **Yoga :** Meaning, Types, Stages, Scope, Objective, Significance.

- Patanjali's Philosophy- Chitt, Vrati, Abhyas, Panchkosh, Kriya yog, Asthang yog.

- Hath yoga followed by Hath Pradipika and Gherand Samhita and Shatkarma,

- Assana, Prayanam, Bandhas, Mudras it's Methods, Limitations & their Management.

