SYLLABUS FOR EXAMINATION FOR THE POST OF
शारीरिक प्रशिक्षण अनुदेशक रेड -III (Physical Training Instructor Grade III) सीधी मौर्ती परीक्षा – 2018

PAPER - I

(i) Geographical, Historical, Cultural and General Knowledge of Rajasthan:-
Location, extent, relief features, climate, drainage, vegetation, agriculture, livestock, dairy development, population distribution, growth, literacy, sex ratio, religious composition, industries, planning, budgetary trends, major tourist centres.

- Ancient Culture & Civilisation of Rajasthan, Kalibangan, Ahar, Ganeshwar, Bairath.
- History of Rajasthan from 8th to 18th Century
  - Gurjar Pratihars
  - 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
  - Peasants and Tribal Movements.
  - Prajamandal Movement.
- Integration of Rajasthan
- Role of women during Medieval and Modern period.
- Society and Religion
  - Lok Devata 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

Office of Governor; Role and Functions of Chief Minister and Cabinet; State Secretariat and Chief Secretary; Organisation and role of the Rajasthan Public Service Commission and State Human Rights Commission, Panchayati Raj 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 problems, global strategies, globalization and its impacts, population trend and distribution, India and U.N.O., Major trends in International policies with special reference to Globalization and Nuclear nonproliferation. Location and its advantages, Monsoonal system, drainage characteristics, changing patterns of agriculture and industries, national income-concept & trends, poverty, reduction schemes, Features of India's foreign policy, Nehru's contribution in its making.

Major Landmarks in the Constitutional History of India with special reference to Government of India Acts of 1919 and 1935; Gandhi's contribution to National Movement; Ambedkar and Constitution; Making; Salient features of Indian Constitution, Fundamental Rights, Duties and Directive Principles of State Policy; offices of the Indian President and Prime Minister; India's federal system; Major Political Parties.

(iv) Educational Psychology -

1. Educational Psychology - its meaning, scope and implications for teacher in classroom situations. Various psychologists and their contributions in education.
2. Learning - its meaning and types, different theories of learning and implications for a teacher, transfer of learning, factors affecting learning, constructivist learning.
3. Development of learner - Physical, emotional and social development, development of child as an individual-concept development.
4. Personality - meaning, theories and assessment, adjustment and its mechanism, maladjustment.
5. Intelligence and creativity - meaning, theories and measurement, role in learning, emotional intelligence-concept and practices, human cognition.
6. Motivation - meaning and role in the process of learning, achievement motivation.
7. Individual differences - meaning and sources, Education of children with special needs - Gifted and talented students, slow learners, delinquency.
8. Development and implications in education of - Self concept, attitudes, interest, habits, aptitude and social skills.

For the competitive examination for the post of P.T.I. Grade II & III:-
1. The question paper will carry maximum 200 marks.
2. Duration of question paper will be two hours.
3. The question paper will carry 100 questions of multiple choices.
4. Paper shall include following subjects carrying the number of marks as shown against them:-
   (i) Geographical, Historical, Cultural and General Knowledge of Rajasthan : 80 Marks
   (ii) Current Affairs of Rajasthan : 20 Marks
   (iii) General Knowledge of World and India : 60 Marks
   (iv) Educational Psychology Total 200 Marks : 40 Marks

   Total : 200 Marks

5. All questions carry equal marks.
6. There will be Negative Marking.
1. General Knowledge of Physical Education of secondary and senior secondary standards: 60 Marks
   - Physical Education: Meaning, Aims, objectives, Scope, Need and Importance.
   - Misconceptions about Physical Education.
   - Biological Foundation: Heredity and Environment, Chronological, Anatomical, Physiological and Mental ages.
     Body types/Classification, Second wind, Oxygen-debt and kinesthetic sense.
   - Psychological foundation: Learning, Personality, Instinct, Emotions, Motives and Motivation.
   - Sociological Foundation: Traditions, Leadership, Group dynamics, Socialization and Social interaction.
   - Philosophical Foundation: Idealism, Pragmatism, Naturalism and Realism.
   - Physical Fitness: Warming up, limbering down, aerobic and anaerobic activities, calisthenics and Rhythmic exercises.
   - Exercise programme for the development of the following parts of the body: Chest, Abdomen, Back, Neck, Arm, shoulder, Thigh and Calf.
   - Physical and Health related fitness test.
   - Games and Sports as cultural heritage.
   - Kinesiology: History, aims, objectives and role in Physical Education and Sports.
   - Law of Motion, Lever, Force, Center of Gravity, Equilibrium and their relationship with sports.
   - Common Postural Deviations/deformities.
   - Therapeutic Modalities in Rehabilitations.
   - Prevention and First Aid for Common Sports Injuries.

2. General Knowledge of sports, Physical Education and its current affairs: 40 Marks
   - History of above Games / Sports.
   - Latest general rules of above Games / Sports.
   - Measurement of play fields and specifications of sports equipment of above Game / Sports.
   - Fundamental Skills of above Games / Sports.
   - Related sports terminologies of above Games / Sports.
   - Proper sports gear of above Games / Sports.
   - Important tournaments and venues
   - Sports Personalities
   - Sports Awards
   - Sports associations or federations.

3. Theories, Definitions and History of Physical Education: 20 Marks
   - Definitions and principles of Physical Education.
   - Physical education in the city/states of Greece and other countries.
   - Physical education in ancient India: Vedic period, Epic period and Medieval period.
   - Survey of Modern Physical Education in India: Pre and post independence period.
   - Contribution to the growth of physical education by leaders and movements of following:

4. Education and Games Psychology: 20 Marks
   - Importance of Psychology in Education with special reference to Physical Education.
   - Growth and Development,
• Sports Psychology: Meaning, Definitions and Nature.
• Psycho-physical unity.
• Individual differences.
• Transfer of training.

5. Methods, Supervision and Organizations of Physical Education:
   20 Marks
   • Types of teaching methods, principles of teaching, presentation technique, principles of class management.
   • Lesson planning: types of lesson, objectives and parts of lessons.
   • Teaching Aids.
   • Guiding principles, essential features, techniques and qualities of supervision.
   • 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 and Decisions:
   20 Marks
   • Sports training: Principles, Characteristics and methods.
   • Training load and Periodization.
   • Motor abilities: Meaning, Types, Principles and methods of developing.
   • Coaching: Meaning, Techniques, tactics and Lead-up games activities.
   • Officiating: Meaning, Importance and Principles.
   • Qualities, qualifications & responsibilities of a good official.

7. Science of Basic Physical Anatomy, its Functions and Health Education:
   40 Marks
   • Anatomy: Meaning, concept, need and importance in physical education & sports.
   • Cell, tissue, organ and organ system.
   • Bones and Joints: Definition, Classification and Terminology of movement around joints.
   • Muscles: Structure and Functional Classification, General Characteristics (Properties)
   • Exercise Physiology: Meaning, need and importance in physical education & sports. Effects of exercise on
     muscular system, circulatory system and respiratory system.
   • Health: Dimensions, Ecology, Spectrum, Determinants and Positive health, Hygiene, community health and
     aspects of school health services.
   • Health education: concept, objectives, importance and principles.
   • Food, nutrition, balance diet and diet according to sports activities.
   • Health problems.
   • Diseases: Communicable, non-communicable and hereditary.

8. Entertainment, Camp and Yoga:
   40 Marks
   • Recreation: Definition, Types, Scope, Significance, Philosophy and Objectives.
   • Theories of play.
   • Organization and administration: 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 and yogic kriyas.
   • Pranayama.
   • Asanas and its Advantage: Ardha matsyendrasana, Bhujangasana, Chakrasana, Dhanurasana, Halasana,
     Mayurasana, Paschimotanasana, Padmasana, Shalabhasana, Sarvangasana, Savasana, Sukhasana, Tadasana
     and Vajrasana.

Pattern of Question Paper:
For the competitive examination for the post of P.T.I. Grade II and III:-
1. The question paper will carry maximum 260 marks.
2. Duration of question paper will be Two hours.
3. The question paper will carry 130 questions of multiple choices.
4. All questions carry equal marks.
5. There will be Negative Marking
राजस्थान अधीनस्थ एवं मंत्रालयिक सेवा चयन बोर्ड,
SYLLABUS FOR EXAMINATION FOR THE POST OF
शारीरिक प्रशिक्षण अनुदेशक ग्रेड - III (Physical Training Instructor Grade III)  सीधी
भारत परीक्षा – 2018

PAPER - II

1. माध्यमिक व उच्च माध्यमिक रूप पर शारीरिक शिक्षा का सामान्य ज्ञान : 60 अंक
   • शारीरिक शिक्षा अर्थ, त्वर, उद्देश्य, क्षेत्र, आवश्यकता तथा महत्व।
   • शारीरिक शिक्षा की भावना।
   • जैविक आचार वैश्विक एवं वातावरण, कालज्युक्तिक, शरीर स्थानांतर, शरीर क्रियाशील एवं मानसिक आयु, शरीर के प्रकार/संगठन, मौलिक वायु, औषधीजन, ऊष्मा एवं क्रिया शेष।
   • महत्त्वपूर्ण आचार अभ्यास, प्रयास, प्रतियोगिता, संग्रह, प्रेक्षक एवं अभिनवगण।
   • सामाजिक आचार परियोजनायें, नीति, नीति गतिशीलता, सामाजिकता एवं सामाजिक परम्परा सामाजिक।
   • राष्ट्रीय आचार : आदर्शवाद, प्रसारण, प्रतिकूलताएँ एवं व्याख्यातात्मक।
   • शारीरिक दर्शन: गतिविधि (भावना के रूप में शीतलकेल्ड आदि), औषधीकृत एवं अनुसूचीन वाचार, केल्सियोमिक एवं प्रशासनिक व्यवस्था।
   • शरीर के विभिन्न भागों के लेखासूत्रों को विकसित करने वाले यामान– जाति, पेट, पीठ, जल्दी, मुख, ज़िंदगी, जबड़े और सिंहल।
   • शारीरिक एवं शास्त्रीय समस्या दर्शनीय पत्रिका।
   • चेहरा-कूद एक सांस्कृतिक धरोहर।
   • मेडिकल शिक्षा (पूर्ण विधान): इटिहास, त्वर, उद्देश्य एवं शारीरिक शिक्षा एवं खेलों में भूमिका।
   • धौति के नियम, उस्ताद, वस्त्र, मुद्रणकर्म केंद्र एवं सम्बन्धित के खेलों में सामान्य।
   • सामाजिक आचार विविधता/विकिरण।
   • पुस्तकाचार्य में उपयोगिता विधियाँ।
   • खेल माध्यम: इटिहास, उपयोग, प्रमाण एवं माध्यम के प्रयोग।
   • सामाजिक खेल खेलों के सुरूवात एवं प्राधिकृत विकिरण।

2. शारीरिक शिक्षा, खेलों एवं व्याख्याता मामलों का सामान्य ज्ञान : 40 अंक
   खेल कैरियर, मास्टरस्टेट्स, मेडिटेन्शन, शारीरिक, मजूर, फुटबॉल, यूनियन, हेडबॉल, हॉकी, जूडो, क्रिकेट, खेल खेल खेल, टेनिस, तर्कत (काउमन्इर), टैनिस–टैनिस, बैटीचार एवं कुली।
   • उपयोगिता खेलों को इटिहास।
   • उपयोगिता खेलों के सामान्य नियम।
   • उपयोगिता खेल मैदानों का मापन और खेल उपकरण की विशेषताओं।
   • उपयोगिता खेलों के मूलबूत कोलाह।
   • उपयोगिता सम्बन्धित खेल शायदवाली।
   • उपयोगिता खेलों के लकी समान।
   • महदूसूरच्छ प्रतियोगिताएँ एवं प्रतियोगिता विचार।
   • खेल यूनियन।
   • खेल पुरस्कार।
   • खेल संयुक्त एवं कुल।
   • अधूरकृत औपनिवेशिक खेल आईओसी, औपनिवेशिक खेलों का प्रयोग, औपनिवेशिक, उद्देश्य एवं भूमिका।
   • राष्ट्रीय स्वच्छ, औपनिवेशिक विद्युत/चुंबन, समृद्धि, औपनिवेशिक रासायन/व्यवसाय, पदों, उद्देश्य एवं सामान्य समस्याओं।

3. शिक्षा, परिभाषा एवं शारीरिक शिक्षा का इटिहास : 20 अंक
   • शारीरिक शिक्षा की परिभाषा एवं शिक्षा।
   • अर्थ देशों एवं कुटने के राज्यों में शारीरिक शिक्षा।
   • प्राचीन भारत में शारीरिक शिक्षा: वैदिक काल, महाकाल काल एवं मध्यकाल।
   • भारत में शारीरिक शिक्षा का सरकारी स्वतंत्र पूर्व एवं पश्चात।
   • शारीरिक शिक्षा के विकास में लोगों एवं आदर्शों का योग्यात्मक नेतृत्व भी पी-भी कुरालों, जोधो बैस्किल्स, गतिवाद में, एस-सी बब, जी-डी सों, डो-डी-एम-जोसोक, प्रो-डी-जी, व्हाक्सिंकर, प्रकारण सिंह एवं प्रो. अन्यसार।
   • अध्यादेश : दृष्टीकोष, फिटनेसप्लान, फिटनेसकेर, वाईएचसी एवं अध्यादेश।

4. शिक्षा एवं खेल महाविद्यालय: 20 अंक
   • महाविद्यालय अर्थ, परिबंधन, प्रकृति, शाखाएँ और क्षेत्र।
   • शारीरिक शिक्षा के विशेष सम्पर्क सहित शिक्षा में महाविद्यालय का महत्त्व।
Pattern of Question Paper:
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1. The question paper will carry maximum 260 marks.
2. Duration of question paper will be Two hours.
3. The question paper will carry 130 questions of multiple choices.
4. All questions carry equal marks.
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