DIRECT RECRUITMENT FOR THE POST OF POST GRADUATE ASSISTANTS / PHYSICAL EDUCATION DIRECTORS GRADE-I – 2018-2019

Subject: Physical Education

Unit –1

(i) Definitions of
   (a) Basic Research (b) Applied Research (c) Action Research
(ii) Need and Scope of Research.

Unit –2

(i) Classification of Research data and its collections.
(ii) Methods of classification and tabulation of data

Unit –3

Writing a proposal for the following types of Research
(i) Historical type.
(ii) Philosophical type
(iii) Descriptive type
(iv) Experimental type.

Unit –4

(i) Tools and Techniques of Research
(ii) Hypothesis and Formulation of Hypothesis
(iii) Writing Research Reports

Unit –5

(i) Definition need and importance of statistics in Physical Education Research.
(ii) Qualitative data and attributes and variables
(iii) Construction of scales/norm -
   (a) Sigma scale, (b) ‘Z’ scale (c) ‘T’ scale (d) Hull scale

Unit –6

Types of statistical process –
(a) Descriptive
(b) Comparative
(c) Relationship
(d) Inferential
(e) Predictive
Unit – 7
(i) Philosophy in Evaluation in Physical Education
(ii) Criteria for Evaluation –
   (a) Validity
   (b) Reliability
   (c) Objectivity
   (d) Administrative procedure
(iii) Modern concept of curriculum in Physical Education
(iv) Sources of curriculum materials.
   Text books, journals, dictionaries, encyclopedias, magazines, etc.

Unit – 9
(i) Definition of Teaching, Training and Coaching in Sports/Physical Education
(ii) Periodisation in Training.
(iii) Concept of Sport Injury Management.
(iv) Misuse of Drugs in Sports.

Unit – 10
(i) Concept of Health – Physical Health, Mental Health and Community Health
(ii) Health Education Programmes in schools.
   (a) Health Supervision
   (b) Health instruction
   (c) Health services
(iii) Signs – Symptoms and preventions of communicable Diseases and AIDS.

Unit – 11
Meaning of sports Psychology and its importance.
(ii) Motor Learning and motor performance.

Unit – 12
(i) Basic consideration in motor fitness----
   (a) Body build
   (b) Mental aspects
   (c) Physical fitness
   (d) Reaction time
   (e) Movement time
(ii) Components of physical fitness

Unit – 13
(i) Sense Perception ------
   (a) Vision
   (b) Kinesthesis
   (c) Tactil
(ii) Emotional effects----
   (a) Tension
   (b) Anxiety
   (c) Stress
(iii) Breathing exercises and Asanas towards reduction of the above emotional disturbances

Unit –14
   (i) Definition of tactics and strategy
   (ii) Offensive and Defensive Strategies
   (iii) Training methods-circuit Training interval and weight training

Unit –15
   Places of test in training
   (i) Types of tests
   (ii) National competition
   (iii) Yogasanas and its values.

Unit –16
   Rule of sports and games included in the school games federation competitions
   (a) Ground making maintenance
   (b) Equipments required
   (c) Officials required and their duty.

Unit –17
   (i) Lay out of standard track(400 meters)
   (ii) Staggers for 200,400,800.
   (iii) Relay zone marking for 4*100,4*400.
   (iv) Layout of sector for ------
       (a) Javeline
       (b) Shotput
       (c) Discuss and
       (d) Hammer throw events.

Unit –18
   Principles and techniques of supervision
   (i) Role of primary school teachers towards physical education programme
   (ii) Functions of DTERT/DIET/Nehru Yuva Kendra.

Unit –19
   (i) Sports authority of Tamilnadu
   (ii) National integration by sports
   (iii) Sports-a social need.

Unit –20
   Definitions of ----
   Balanced diet
   (i) Nutritions
   (ii) Food components needed for growing children
       Chief minister’s mid-day meals scheme.