Part II—Section 2

Notifications or Orders of interest to a section of the public issued by Secretariat Departments.

NOTIFICATIONS BY GOVERNMENT

SCHOOL EDUCATION DEPARTMENT

SYLLABUS FOR THE POST OF PHYSICAL EDUCATION TEACHERS

No. II(2)/SE(A)/2015.

UNIT - 1

PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION:

Meaning of Physical Education, Physical culture, Physical Training, Aim and Objectives of Physical Education.

Physical Education in Ancient Greece – Sparta and Athens – Ancient and Modern Olympic Games – Asian Games.

Physical Education in India – SAI, SDAT, School Level Competitions in Tamil Nadu – RDG, BDG, RDS, School games federation of India


UNIT - 2

SPORTS MANAGEMENT IN PHYSICAL EDUCATION:

Meaning of Sports management, Scheme of Organisation – School, District and State.

Care and Maintenance of equipments and play field – Qualities and qualification of Physical education teacher.

Preparation of Time Table, Types of Physical Education period, records and registers, budget and finance.


[1]
UNIT - 3
METHODS OF PHYSICAL EDUCATION:


Lesson Plan – Particular lesson plan-General lesson Plan.


UNIT - 4
ANATOMY AND PHYSIOLOGY:


Heart- Structure of the Heart – Cardiac cycle – circulation of Blood


Structure and function of Tongue, Teeth, Salivary Glands, Stomach, Small and large intestines, pancreas and liver, kidney and skin.

Location and Function of the Endocrine Glands – Pituitary, Thyroid, Para thyroid, Adrenalin and sex Glands.

Central Nervous system- Brain – functions of the parts of Brain – spinal cord – Reflex action – Nerves – Autonomous nervous system.

UNIT - 5
OFFICIATING AND RULES OF GAMES AND SPORTS AND TRAINING:


Hockey, Foot Ball, Volley Ball, Basket Ball, Kabaddi, Khokho, Badminton, Ball Badminton, Table Tennis, Throw ball, Hand Ball, Tennikoit, Cricket, Chess, Carrom.

Lay out of standard track (400 metres) – Staggers for 200,400,800 ,

Relay zone marking for 4x100, 4x400 m, - Layout of sector for Shot put, Javelin, Discus-Long jump, High jump.

Types of Training – Weight training – Circuit training – Fartlek Training – Interval Training.

UNIT - 6
EVALUATION AND MEASUREMENT:


Components of Physical Fitness – Physical fitness test – AAPHERD youth fitness test – JCR Test – Barrow Motor Ability Test – Harvard step test – 12 minutes run /Cooper test.

Test for specific sports skills.

Badminton : French short Service Test
Basket Ball : Johnson Basket Ball Test
Hockey : Schmithal French Field –Hockey Test.
Foot Ball : Mc Donald soccer volley Test
Volley Ball : Russell Lange volley Ball Test
Tennis : Dyer Tennis test
UNIT - 7

HEALTH EDUCATION, NUTRITION AND SPORTS TRAUMA MANAGEMENT:

Meaning of Health Education – Health Services and Supervision – Infection immunity – Causes of Disease – Malaria, Small Pox, Dysentery, Mumps, Typhoid.

Nutrition and Diet; Components of Food.


UNIT - 8

SPORTS PSYCHOLOGY:


SYLLABUS FOR THE POST OF DRAWING TEACHERS

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<td>Origin of line-Types of Lines-Properties of Lines-Uses of Lines</td>
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<td>SHAPE</td>
<td>Two Dimension-Geometrical Shapes-Organic shapes-Properties of Shapes-Uses of Shapes</td>
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<td>Three Dimension-Geometrical Forms-Organic Forms-Sculpture in round-Low relief and high relief</td>
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I - ELEMENTS AND PRINCIPLES OF ART

II - HISTORY OF ARTS


3. RENAISSANCE ARTISTS AND OTHERS

ART AND TAMIL LITERATURE Art terms and Descriptions in Tamil Literature. Books and Authors: Names of famous Authors their books

IV - ART AND SOCIETY


V - TEACHING SKILL Educational Physcology for Art Teachers Teaching Methodology School of Administration

DTP—II-2 Ex. (2)—2
SYLLABUS FOR THE POST OF SEWING TEACHERS

1. Tools & Equipment
   Measuring Tools - Marking Tools - Cutting Tools - General Tools

2. Sewing Machine & Maintenance
   Parts of sewing - care and maintenance of sewing machine - minor defects and their rectification.

3. Different types of Hand Stitches
   Temporary Stitches - Permanent Stitches

4. Sewing Technique for Garment Construction
   Seams - Seam Finishes - Plackets - Collars - Sleeves - Fasteners - Trimmings and Decoration

5. Taking body measurements

6. Pattern making
   Making Pattern for measurements – Preparation of paper Pattern

7. Layout: Principles of Layout
   Types of lay outs- Estimation of material requirements.

8. Garment Construction
   The method of cutting- stitching and finishing the following garments - Zabia - Chemise - Circular frock - panel petticoat - Ladies kurtha - Survar - School Uniform - Pyjama - Kalidhar kurtha - Bermudas

EMBROIDERY

1. Tools and Equipments used for Embroidery
   Embroidery frame- Crewel needle- bent scissors- stilletos- Thread holder- Carbonpaper- ruler - Tracing paper- measuring tape- thimble- Selection of material and thread.

2. Design
   Elements of design- principles of design- Transferring designs – different methods-Enlarging and reducing of design.

3. Embroidery Stitches

4. Types of Embroidery
   Tambour- Eyelet hole- shadow work- monograms - Aari work and Zardhoshi work - Applique – Hem applique- motif applique

5. Care of embroidery articles.

HAND LOOM WEAVING

1. Calculation
   Numbering of cotton yarn – Method of testing count- strength- twist and elasticity of yarn. Ends and picks suitable for a well balanced cloths- identification of cotton- silk- artificial silks and woollen yarns.

2. Fabric structure
2. Pile Fabrics
   Warp pile and weft pile.

4. Handloom weaving
   Mechanism of plain weave, dobby and jacquard loom.

5. Dyeing and printing
   Preparation of fabric before dyeing – Desizing, Scouring and bleaching - Method of doing Different types of dyes
   - Direct dye, Reactive dye and vat dye - Method of doing different types of printing – Block print, Stencil print and screen print.

6. Finishing of fabrics
   Method of doing Mercerization & calendering.

7. Psychology
   Principles and elements of design-Psychology of colour and dress.

SYLLABUS FOR THE POST OF MUSIC TEACHERS

1. Music Technical Terms :
   Nada, Svara, Svarasthara, Southi, Arohana, Ararohanaa, Sthayi, Avartha, Graha (Eduppu) Agatham, Anagatham and Sangathi, Angam, Thalam, Saptha Thalam, Swarkattu.

2. Practical Exercise in Music :
   Saralio Varisai, Jantaivarisai, dhattu varisai, Lowersthay, Uppersthayi, Alankaram Geetham, Jathiswaram, Swarajathi, Varnam.

3. Classification of Ragas :
   Raga- Janaka Raga and Janya Raga
   Varjam, Vakram, Bhashanga and Upanga Ragas, and Madhyama Sruthi Raga.

4. Classification of Thalas:
   Saptha thala, 35 Thalas

5. Taladasa Pranas Knowledge of the following Kalam, Margam, Kriya Anga Graha, Jabi, Kalai, Layam, Yathi, Prastharam

6. 72 Melakartha Scheme

7. Gana Kala Ragas :
   Morning Ragas, Afternoon Ragas, Evening Ragas and Night Ragas.

8. Ancient Tamil Music :
   Pans and their classification into pan, panniyam, Tiran, Tirathiram.

9. Methods of Singing Pallavis :
   Ragam, thanam, Niraval, Kalpanaswaram

10. Comparision of Indian Music and Western Music

11. Comparision of Karnatic Music and Hindustani Music

12. Light Music and its characteristics.

13. Folk Music and its characteristics


15. Classical Dance Composistion Thodaya Mangalam, Alarippu, Padavarnam, Shabtham, Padam, Javali thillana.
16. Benefits of student psychology.
17. The list of different stage concerts
18. Development of Indian Music
   (Ancient period to Modern period)
20. Indian Music Strength.
21. The seats of music in South India.
22. The vital role of music in the Nation.
23. History of Karnatic music with special reference to the following composers including their biographical contribution.
   Thyagarajar, Muthuswami Dikshitar, Syama, Sasthrigal Marimuthapillai, Muthuthandavar, Arunachal Kavirayar,
   Thirunavukarasar, Thiru Gnanasambandar, Sundarar, Manikavasakar, Arunagiri Nadhar, Purandharadasar.
24. The kings and ethnic group patronized music.
25. Vocal voice practices and fingering practices.
27. Classification of Musical instruments in to stringed, wind and percussion groups.
28. The Qualification of the music teacher
29. Importance of Education psychology on teachers.
30. Maintenance of school records
31. Student - teachers Relationship

D. SABITHA,
Principal Secretary to Government,
School Education Department.