

**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.
- (iii) 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) Zigma 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) Kinesthesia
  - (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.