

GUIDELINE FOR PHYSICAL EDUCATION (PASS) (CODE-32)

Mode of Selection	<p>Selection of the Assistant Teachers (Physical Education) in different Madrasahs shall be made on the basis of written (MCQ) examination,</p> <p>Evaluation of academic qualifications of the candidates and personality tests to be determined by the Commission in the following manner:</p> <p>(a) Written Examination : 55 marks (b) Academic qualifications including professional qualifications : 35 marks (c) Personality Test : 10 marks</p> <p>(Appearance before the Personality Test Board is compulsory)</p>
Question Paper Pattern and marks allocation	There shall be 55 questions of MCQ type carrying one mark each and no negative marks .
Question Papers	Will be set in English and Bengali (both)
Duration of Examination	One hour
Date & Time	Will be announced later
Syllabus	<ol style="list-style-type: none"> 1. Fundamentals of Physical Education: Definition and true meaning of Physical Education misconceptions and public misunderstanding about physical education its aim and objectives modern concept and its interdisciplinary approach - Sports Science including Sports Medicine Biomechanics Kinesiology Kin anthropometry physical education and competitive sports Body Type and its significance. 2. Historical Aspects: History of Olympics -ancient and modern-physical education in India recent developments-contribution of important personality/ events/ Movement for the development of the physical education in Europe and in India. 3. Psychological Aspects: Instincts - Reflex action - Reaction time - Movement time - Response time. Learning - its laws and theories and their application in the field of physical education and sports - Plateau - Transfer of learning - Perceptual motor learning. Factors affecting performance - Motivation - Interest - Attention - Habit - Emotion - Personality. 4. Social Aspects: Social value of sports - Play theories - Role of physical education and sports in national integration and international understanding -Activities for national integration, Social service and strengthening of community relation. 5. Anatomical & Physiological Aspects: (a) Bones of the various synovial joints-types of joints and movement around the joints skeletal deformities-anatomical sex difference. (b) Types of muscles and their functions - types of muscular contractions - Composition and functions of blood-Pulse blood pressure and their measurements Respiration Lung Ventilation - Vital capacity. (c) Heart and exercise -Oxygen and exercise - Oxygen debt - Second wind - Athletic heart - Homeostasis - Effects of exercise on muscular/circulatory/respiratory systems. 6. Health and Health Education: Health instruction -Health supervision Health services - Agencies promoting health Environmental pollution Prevention and control of communicable diseases- Balanced diet and its constituents - Effect of smoking, alcohol and drug on health and Sports performance - First-Aid management of common sports injuries. 7. Teaching Methodology: Lesson planning presentation techniques-use of teaching aids-coeducational activities and their management qualities of physical education teacher and coach.

	<p>8. Management Aspects: House system - Classification of students - Intramural and extramural competitions - Officiating, Rules and regulations of common games and sports including Swimming, Gymnastics and Track and Field events - Layout of play fields (Kabaddi, Kho-Kho, Badminton, Football, Volleyball, Hockey, Track & Field) - Budgeting, Various types of tournaments, Administration of sports and physical education in School, College and University.</p> <p>9. Recreation and Outdoor Education: Recreation its definition and objectives its need in modern society. Purpose of outdoor education importance of camp, excursion, picnic, play day.</p> <p>10. Aspects of Sports Training: Warm-up-Conditioning - Weight training and its basic principles-Load and overload - Different Types of sports training - Interval training - Circuit training - Physical fitness- Health related and performance related.</p> <p>11. Developmental, corrective and therapeutic exercises: Exercises for developing strength, endurance, flexibility, speed- Postural deformities and corrective exercises - Exercises for common diseases like blood sugar, high/low blood pressure etc. - Use of Yoga therapy - Use of sports as therapy-Massage and its uses Exercises for sedentary persons male & female elderly adults and aged persons.</p> <p>12. Test & Measurement: Definition of a test and measurement - Criteria of a good test - Measurement of strength, endurance, agility, Flexibility, speed and physical fitness. Skill test items of Football, Basketball, Volleyball and Badminton.</p> <p>13. Special Physical Education: Physical education for special population - objectives and program. Physical activities according to the types of disability.</p>
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