

AP DSC – 2018
SYLLABUS FOR PHYSICAL EDUCATION TEACHER

Max. Marks: 80

PART – A

PHYSICAL EFFICIENCY TEST (MARKS: 30)

1. 100 Mts RUN (OR) 800 Mts RUN FOR MEN, 400 MTS RUN FOR WOMEN (Marks 10)
2. Long Jump (OR) High Jump (Marks 10)
3. Shot put 16 lbs for Men, 8 lbs for Women (Marks 10)

PART – B

GENERAL KNOWLEDGE AND CURRENT AFFAIRS (MARKS: 05)

PART – C

PHYSICAL EDUCATION (MARKS: 45)

I. PHYSICAL EDUCATION PEDOGOGY (MARKS: 10)

- a. Psychology: Meaning, Definition and Nature of Psychology – Definition of Sports Psychology – Importance of Sports Psychology. Motivation – Definition, Importance and types of motivation.
- b. Stages of Growth and Development of Children – Physical, Mental, Social and Communication. Skill development, Psycho-motor learning at different stages. Play -Theories of play.
- c. Meaning, Definition, Importance and Factors influencing on methods of teaching.
- d. Principles of Presentation Technique and Class management in Physical Education: Commands, Class formation, Teaching aids: Audio visuals.
- e. Method of teaching: Command Method, Lecture Method, Demonstration Method, Discussion Method, Part Method, Whole Method, Part-Whole Methods, Whole part whole method and their application in minor, major, rhythmic calisthenics.
- f. Lesson Plan: Concept of lesson plan Principles, importance of lesson plan. Preparation of Lesson Plan in Physical Education, Types of lesson plan– Steps in lesson plan.
- g. Facilities and standards of Physical Education: Play fields, (Different play areas). Gymnasium, Swimming pool. Purchase & Care of sports equipments, Maintenance of Stock, Maintenance of records and Registers: Cash register, Tapal register, Stock Issue register, Attendance Register, Physical Fitness records, Health records and achievement records. Process of Verification, Write-off and Condemnation of Stock.
- h. Time tables – Meaning and maintenance of Time table, factors influencing time table. Types of Physical Education periods.
- i. Meaning and definition of Test, Measurement and evaluation, Importance of Test, Measurement and Evaluation in the field of physical education and sports. Criteria of good test: Classification of tests, Test Administration(Pre,

- During and Post) Tests for different variables Speed – 50metre dash, Maximum speed -30metres dash with flying start, cardio vascular endurance – Cooper's 12 minutes run – walk test, Muscular endurance – Bent knee sit-ups – Explosive power – Standing Broad jump
- j. Tournaments: Meaning of tournament and types of tournaments – Knock-out (Elimination), League (Round Robin), Knock-out cum league, League cum knockout, Double league, Double knockout, Challenge. Method of drawing Fixtures: Seeding, Special Seeding, Rotation Method, Stair case method.
 - k. Intramural and Extramural and their importance, Sports Day/ Play Day

II. PHYSICAL EDUCATION CONTENT (MARKS: 35)

- i. HEALTH EDUCATION AND SPORTS INJURIES (Marks: 08)
 - a. Meaning, Definition, Dimensions and Importance of Health; Principles of Health Education. Factors influencing health – Heredity, Environment and Health Habits. Coordinated school health programme – Health services, Health instruction, Health records and Health supervision
 - b. Common Health Problems in India, Communicable (Epidemic & Endemic) and Non Communicable Diseases, Hygiene – Personal, Environmental, Occupational Health, Cleanliness and awareness through educational activities.
 - c. Food and Nutrition – Essential Constituents of food – Proteins, CHO, Fats, Minerals, Vitamins – Balanced DIET – Under nutrition and malnutrition.
 - d. Concept and Significance of Good Posture: Postural Deformities - Lordosis, Kyphosis, Kypholordosis, Scoliosis, Knockknees, Bow legs, flat foot and their Remedies, Corrective Exercises for Postural illnesses and deformities
 - e. Meaning and Causes of Sports Injuries. Principles of prevention of sports injuries Common Sports Injuries, symptoms and their treatment, Ligament sprain – Muscle strain – Tennis elbow- Golfer's elbow, lower back strain – Dislocation – Fractures, Runners knee – Shin pain – Blisters – contusion, Abrasion, Laceration, Hematoma.
 - f. Definition of First-Aid, DRABC formula (Danger, Response, Airways, Breathing & Circulation), Artificial respiration techniques – Mouth to mouth, mouth to nose respiration, First Aid for Hemorrhage, Fracture, Sprain and Strain, Drowning, Heat Stroke and Heat Exhaustion; Concept of PRICE(Prevention, Rest, Ice, Compression and Elevation)
- ii. YOGA IN PHYSICAL EDUCATION & SPORTS (Marks: 07)
 - a. Meaning, Definition and Importance of Yoga. Streams of Yoga: Karma Yoga, Raja Yoga, Jnana Yoga, Bhakti Yoga, Hatha yoga and their values; Development of Yoga in India.
 - b. Meaning and importance of Ashtanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
 - c. **Shatkriyas:** Neti (Sutraneti, Jalaneti) Dauti (Vamana Dauti , Vastra Dauti and Danda Dauti) Nauli, Kapalabhati, Trataka and bastrika.
 - d. **Bandhas:** Jalandhar Bandha, Moolabandha, Udyana Bandha, Maha Bandha.
 - e. **Mudras:** Yoga mudra, Chinmayamudra, Aswani mudra, Brahma mudra
 - f. Types and importance of asanas with special reference to physical education and sports. Suryanamaskara of 12 stages
 - g. School Games Federation of India – National School Games – Rules for Yogasana Competitions.

iii. OFFICIATING AND COACHING (Marks: 20)

- a. Officiating, Meaning, importance and principles of officiating. Qualities and qualifications of good official, Duties of Officials, System of officiating in games and Rules of various Games (i.e. Hockey, Football, Handball, Volleyball, Basketball, Sepak takraw, Kabaddi, Kho-Kho, Throw ball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit). Layout of courts and fields of games.
- b. Track and field – layout of track and field, rules of track and field events – Runs, Jumps, Throws Systems of officiating in track and field events.

**SCHEME OF EXAMINATION AND SYLLABUS TO THE POST OF
PHYSICAL EDUCATION TEACHER OF AP DSC 2018**

S.NO.	SUBJECT	SYLLABUS LEVEL	NO. OF QUESTIONS	NO. OF MARKS
1	GENERAL KNOWLEDGE AND CURRENT AFFAIRS		10	05
2	PHYSICAL EDUCATION PEDAGOGY	D.P.Ed. Syllabus of A.P. State	20	10
3	PHYSICAL EDUCATION CONTENT	D.P.Ed. Syllabus of A.P. State		
	i. HEALTH EDUCATION AND SPORTS INJURIES		16	08
	ii. YOGA IN PHYSICAL EDUCATION		14	07
	iii. OFFICIATING AND COACHING		40	20
	Total		100	50