

**TEACHER ELIGIBILITY TEST – 2018**  
**PAPER-II(B) Syllabus for Physical Education**

**Max. Marks: 150**

**PART - A**

**I. Language – I Telugu (10 Marks) 7<sup>th</sup> class Level**

a. ప్రాథమిక వ్యాకరణం

- భాషాభాగాలు(నామవాచకం, సర్వనామం, క్రియ, విశ్లేషణం, అవ్యయం)
- వాక్యాలు రకాలు (సరళ, సంక్లిష్ట, సంయుక్త)
- అర్థాలు (వ్యుత్పత్తి అర్థాలు, నానార్థాలు, పర్యాయపదాలు, వ్యతిరేక పదాలు, ప్రకృతి-వికృతులు)
- సామెతలు
- జాతీయాలు
- పొడుపు కథలు

b. భాషావగాహన

- అపరిచిత గద్యం

**(OR)**

**I. Language – I Odiya (10 Marks) 7<sup>th</sup> class level**

a. ପ୍ରାଥମିକ ବ୍ୟାକରଣ

- ଭାଷା ପ୍ରକରଣ ( ନାମବାଚକ, ସର୍ବନାମ, କ୍ରିୟା, ବିଶେଷଣ, ଅବ୍ୟୟ )
- ବାକ୍ୟର ପ୍ରକାର ଭେద ( ସରଳ, ଜଟିଳ, యోగిక )
- శబ్ద ( ପ୍ରచిశబ్ద, ధ్వనిశబ్ద, రూపశబ్ద, విచారణ శబ్ద, ప్రత్యయ శబ్ద )
- రూఢి
- లోకావగాణి
- ఉప-ఉపాధి

b. ଭାଷା ଅବగాహన

- అపరిచిత గద్య

**(OR)**

**I. Language – I Urdu (10 Marks)**

a. ابتدائی قواعد

- کلمہ کی قسمیں (اسم، ضمیر، صفت)
- جملے اور اس کے اقسام (مفرد، مرکب، مبتدأ، خبر، جملہ انشائیہ، جملہ خبریہ)
- معنی، مترادفات، متضاد، تکریر و تائید، ساجھے، لاجھے۔
- محاورے، ضرب المثل، کہاوتیں
- پہیلیاں

b. زبان کا فہم

- نامعلوم اقتباس



## **PART - B**

### **III. Physical Education Pedagogy (30 Marks)**

- a. Psychology : Meaning and Definition of Psychology – Definition of Sports Psychology, Development and stages – Motor development, Social development – Role of Maturation – Individual differences.
- b. Play – Theories of Play; Learning – Kinds of Learning – Laws of Learning – Learning curve – Transfer of Training. Motivation – Meaning, definition and its importance.
- c. Definition of Method and Material
- d. Presentation techniques – Personal and Technical – Management of Class.
- e. Methods of Teaching – Factors influencing method – Verbal Explanation, Demonstration, Explanation, Discussion and Supervision.
- f. Lesson Planning – Types of Lessons – Objectives of Lesson Planning - Values of lesson Plan.
- g. Tournaments – Types of Tournaments – Knock out, League, Combination and Challenge – Fixtures for Tournaments.
- h. Classification – Classification of Students – Mc Cloys, Cozens, Tirunarayan and Hari Haran, School Games Federation of India students classification.

## **PART - C**

### **IV. Physical Education – Content (Marks: 100)**

#### **i. Organization and Administration of Physical Education (08 Marks)**

- a. Meaning of the terms organization, Administration and supervision.
- b. Guiding Principles of Organization
- c. Time-Table; Factors influencing time-table; Types of Physical Education Periods; Time allotment for Intra-Murals, Extra Murals, Play days, Demonstrations.
- d. Budget and Accounting – Preparation and Administration of good budget.
- e. Records and Registers – Types of Registers – Stock, Issue, Attendance, Physical Measurement and fitness, Cumulative Register, Health Record.
- f. Supervision – Meaning and need; Guiding principles of supervision.

#### **ii. History of Physical Education (05 Marks)**

- a. History: Physical Education in Ancient Greece – Sparta, Athens – Ancient Rome – Germany, Ancient and Modern Olympic Movement. Historical development of Physical Education in India and status of various committees and their recommendations

#### **iii. Basic Anatomy and Physiology (07 Marks)**

- a. Structure and Functions of cell
- b. Skeletal system: Bones – Axial and Appendicular Skeleton – Structure and Functions of bones – Types of bones
- c. Muscular system: Types of Muscles, Classification of Muscles
- d. Respiratory system: Structure of Human Respiratory system – Mechanism of Respiration.

- e. Digestive system: Structure of human digestive system and process of digestion.
- f. Circulatory system: Constituents of Blood and its functions, Structure and Functions of Human Heart.
- g. Excretory system: Structure and Functions of Kidneys and Skin.
- h. Nervous system: Structure and Functions of Human Brain and Spinal cord.

**iv. Health Education and Safety Education (10 Marks)**

- a. Definition of Health, Hygiene and Sanitation
- b. Factors influencing Health – Heredity, Habits and Environment.
- c. Factors influencing Physical, Mental and Social Health.
- d. Communicable diseases – Prevention and Control – Tuberculosis, Cholera, Malaria, Typhoid, Measles and Whooping cough.
- e. Food and Nutrition – Essential Constituents of food – Proteins, CHO, Fats, Minerals, Vitamins – Balanced DIET – Under nutrition and malnutrition.
- f. Posture – Definition – Values of Good Posture – Common Postural deformities – Kyphosis, Lordosis, Scoliosis, knocked knees, Bow legs, and Flat foot.

**v. Yoga (10 Marks)**

- a. Yoga – Definitions, Meaning and Objectives.
- b. Values of Streams of Yoga – Jnana, Bhakti, Karma, and Raja Yoga.
- c. Patanjali Ashtanga Yoga; Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi.
- d. Pranayama – Meaning, Importance and Stages of Pranayama.
- e. Asanas – Various types of Asanas.

**vi. Officiating and Coaching of Physical Education (60 Marks)**

- a. Meaning and Principles of officiating
- b. Duties of Referee / Umpires / Scorers in various Games.
- c. Athletics – Runs, Throws and Jumps  
Marking, Rules, Signals and Systems of Officiating in the following Games: Cricket, Hockey, Basketball, Football, Softball, Handball, Tennikoit, Ball badminton, Volleyball, Kabaddi, Kho Kho.