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)
   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.
   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 – 50 metre 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


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.


d. Concept and Significance of Good Posture: Postural Deformities - Lordosis, Kyphosis, Kypholordosis, Scoliosis, Knocknees, Bow legs, flat foot and their Remedies, Corrective Exercises for Postural illnesses and deformities


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, Bakti 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, Jalaneeti) Douti (Yamana Douti, Vastra Douti and Danda Douti) Nouli, Kapalabathi, Trataka and bastrika.

d. Bandhas: Jalandhar Bandha, Moolabandha, Udya 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.
OFFICIATING AND COACHING (Marks: 20)


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.

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