



UPPSC LT Assistant Teacher Syllabus

Syllabus **Subject-Physical Education**

1. Principle and History of Physical Education-

Meaning and Definition of Physical Education, Its Aim and Objectives, Need and Importance of Physical Education, Biological Basis of Physical Education, History of Physical Education in India and world. Olympic game, Asian Game, Common Wealth Game, Afro Asian Game, Important Sports Institutes of India.

2. Psychology in Physical Education- Definition and Importance of Psychology in Physical Education, Define Learning, Laws of Learning and Transfer of Learning, Principle of Learning, Learning Curve, Developmental Characteristics at Different stages of Development, Meaning and Types of Intelligence, Intelligence Quotient, Theories of Intelligence, Meaning and Definition of Personality, Types of Personality, Meaning and Types of Motivation, Play Theory.

3. Organisation and Supervision in Physical Education- Meaning and Importance of Organisation and Supervision, Budget, Principle of Management, Leadership and its Types, Competition - Knockout, League, Combination and Challenge, competition, Extramural and Intramural Competition, Meaning and definition of Recreation, Aims and Objectives of Recreation, Meaning of Camp, Aims and objectives of camp, Types of camp.

4. Anatomy and Physiology in Physical Education- Meaning and Definition of Anatomy and Physiology, cell and tissue, Muscular System, Circulatory System, Respiratory System, Digestive System, Excretory System, Nervous System, Skeleton System, Endocrine System, Sense Organ, Effect of Exercise on different system.

5. Kinesiology in Physical Education- Meaning and Definition of Kinesiology, Fundamental Movement in Body, Structure and Types of Joint, Newton's Law of motion, Levers, Equilibrium, Centre of Gravity, Force, Axis and Planes.

6. Sports Medicine- Meaning of Body Posture and Common deformities, Sports Injuries (Common Sports Injuries and their treatment), Therapeutics modalities and procedures, Massage and its Types.

7. Health Education- Meaning and definition of Health, Dimensions of Health, Meaning, Objective, scope and Principles of Health Education, Communicable Diseases and treatment, Nutrition, Personal Hygiene.

8- Sport's Theory And Rules- Athletics, Football, Hockey, Volleyball, Basketball, Kabaddi, Kho-Kho, Boxing, Gymnastics, Cricket, Hand Ball, badminton, Lawn Tennis, Swimming, Yoga.

9. Sports Training- Meaning, Definition and Principles of sports Training, Qualities and responsibilities of good coach and Official, Meaning and component of physical fitness, Load and Adaptation, Super compensation, Periodization, Training Methods.

10. Test and Measurement- Meaning, Definition and Importance of Test and measurement, Criteria of a good Test, AAPHER Test, Harvard Step Test, Soccer skill Test, Hockey skill Test, Volleyball Skill Test, Flexibility Test.