

# **GOVERNMENT OF ANDHRA PRADESH**

## **DEPARTMENT OF SCHOOL EDUCATION**

### **STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING**

**DSC – 2018 PET - Syllabus, Structure  
and Pattern of Examination**

### **Physical Education Teacher (PET):**

- i) The TRT for Physical Education Teacher shall be conducted 100 questions for 50 marks.
- ii) Duration of examination shall be 1.30 hours
- iii) Each question contains ½ mark.
- iv) The Physical Efficiency test weightage shall be for 30 marks.

**The areas to be tested for PET (TRT):**

- General knowledge and current affairs
- Perspectives in Education will be tested from 2010-2016 D.Ed/ D.El.Ed (Telugu Academy Text Books).
- Physical Education Pedagogy and Physical Education content will be tested from present D.P.Ed of A.P. state syllabus.

**Structure and Syllabus for Physical Education (TRT):**

S. No.	Subject	Syllabus level	No. of questions	No. of marks
Part-I	General knowledge and Current Affairs	Standard G.K and Events happened in the year 2018	10	05
Part-II	Perspectives in Education	2010-2016 D.Ed/ D.El.Ed Telugu Academy Text Books	10	05
Part-III	Physical Education Pedagogy	D.P.Ed Syllabus of A.P. State	10	05
Part-IV	Physical Education Content	D.P.Ed Syllabus of A.P. State	70	35
	Organization and Administration of Physical Education			
	History of Physical Education			
	Basic anatomy and Physiology			
	Health education and Sports Injuries			
	Yoga in Physical Education & Sports			
	Recreation and Leisure Management			
	Sports Training			
	Concepts of Wellness Management			
	Officiating and Coaching			
<b>Total</b>			<b>100</b>	<b>50</b>
Part-V	Physical Efficiency Test			<b>30</b>
<b>Total</b>				<b>80</b>

**Government of Andhra Pradesh**  
**Department of School Education**  
**State Council of Educational Research & Training**  
**DSC – PHYSICAL EDUCATION TEACHER (PET) SYLLABUS**

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1. G.K & current Affairs -	–	05M
2. Perspectives in Education	–	05M
3. Physical Education Pedagogy	–	05M
4. Content	–	35M
Total		<u>50 M</u>
5. Physical Efficiency Test	–	30 M
Total	–	<u>80 M</u>

**PART – I**

**General Knowledge and Current Affairs (Marks: 05)**

**PART – II**

**Perspectives in Education (Marks: 05)**

**1. History of Education :**

- The Education in Ancient India - Pre-Vedic and Post-Vedic period, Medieval Education.
- Education in Pre Independent era - Woods Despatch (1854), Hunter Commission (1882), Hartog Committee (1929), Sargent Committee (1944).
- Education in Post Independent era - Mudaliar Commission (1952-53), Kothari Commission (1964-66), Ishwarbhai Patel committee (1977), NPE-1986, POA-1992

**2. Teacher Empowerment:**

- Need, interventions for empowerment, Professional code of conduct for teachers, Teacher motivation, Professional development of Teachers and Teacher organizations, National / State Level Organizations for Teacher Education, Maintenance of Records and Registers in Schools.

**3. Educational Concerns in Contemporary India:**

- Democracy and Education, Equality, Equity, Quality in Education, Equality of Educational opportunities.
- Economics of Education, Education as Human Capital, Education and Human Resource Development, Literacy - Saakshar Bharat Mission.
- Population Education, Gender - Equality, Equity and Empowerment of Women, Urbanization and migration, Life skills.
- Adolescence Education
- Value Education – Morel Value and Professional Eathics in Education.
- Health and Physical Education
- Inclusive Education - Classroom Management in Inclusive Education

- Role of Education in view of Liberalization, Privatization and Globalization
  - Programmes and Projects – APPEP, DPEP, Sarva Siksha Abhiyan, National Programme for Education of Girls at Elementary Level (NPEGEL), Rashtriya Madhyamika Siksha Abhiyan(RMSA), Rashtriya Aveshekar Abhiyan (RAA), KGBVs, Model Schools.
  - Incentives and special provisions – Mid Day Meals, Free Books, Scholarship, Awards, Welfare Hostels, Transportation.
  - Current Trends in Education – Badi pelusthondi, Badi ki Vasta, Mavuru – Mana Badi, Vidyanjali, Swacha Patasala, Inspire, Kalavutsav.
- 4. Acts / Rights:**
- Right of Children to Free and Compulsory Education Act - 2009
  - Right to Information Act - 2005
  - Child Rights
  - Human Rights.
- 5. National Curriculum - Framework, 2005: Perspective, Guiding Principles, Learning and Knowledge, Teaching Learning Process, Assessment, Systemic Reforms.**

### **PART – III**

#### **Physical Education Pedogogy (Marks: 05)**

- 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. 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.

## PART – IV

### **Physical Education Content (Marks: 35)**

#### **1. Organization and Administration of Physical Education**

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

#### **2. History of Physical Education**

- Historical Development of Physical Education: Greece, Germany, British Period (Before 1947), Physical Education in India (After 1947), Contribution of Akhadas and Vyayamsalas, H.V.P. Mandals, Institutions / Bodies in Physical Educations and Sports: YMCA, LNIPE, NSNIS, IOA, SAI, SAF, SGF, PYKKA, RGKA, SAAP, Physical Education & Sports Universities.
- Policies, Schemes, Awards: Bharata Ratna, Padmasri, Padmabhushan, Padmavibhushan, Arjuna, Dronacharya, Rajiv Khel Ratna, Ekalavya, Jhansi Laxmibai, Abhimanya, Trophies/ Cups in Physical Education and Sports at State/National level.
- Ancient and Modern Olympic Movement. Origin of Olympic Movement: Aims of Olympic movement, the early history of the Olympic movement. The significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement.

#### **3. Basic Anatomy, Physiology**

- Structure and Functions of cell
- Skeletal system: Bones – Axial and Appendicular Skeleton – Structure and Functions of bones – Types of bones
- Muscular system: Types of Muscles, Classification of Muscles
- Respiratory system: Structure of Human Respiratory system – Mechanism of Respiration.
- Digestive system: Structure of human digestive system and process of digestion.
- Circulatory system: Constituents of Blood and its functions, Structure and Functions of Human Heart.
- Excretory system: Structure and Functions of Kidneys and Skin.
- Nervous system: Structure and Functions of Human Brain and Spinal cord.
- Endocrine system: Functions of glands, Pituitary, Thyroid, Parathyroid, Adrenal and Pancreas.

- Effects of training on cardiovascular system, Effects of training on respiratory system, Effects of training on muscular system, Fatigue and performance in sports.

#### **4. Health Education And Sports Injuries**

- 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
- Common Health Problems in India, Communicable (Epidemic & Endemic) and Non Communicable Diseases, Hygiene – Personal, Environmental, Occupational Health, Cleanliness and awareness through educational activities.
- Food and Nutrition – Essential Constituents of food – Proteins, CHO, Fats, Minerals, Vitamins – Balanced DIET – Under nutrition and malnutrition.
- 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
- 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.
- 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)
- Concepts of Physiotherapy, Hydrotherapy and Massage, Therapeutic Exercise.

#### **5. Yoga In Physical Education & Sports**

- Introduction: Meaning, Definition & Importance of Yoga, Aims, Objectives and functions of Yoga, Yoga practices in Upanishads and yoga sutra, Modern Trends in Yoga, Place and importance of Yoga in Physical Education and Sports.
- Early Yoga Practices: Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Streams of Yoga Practices: Hatha Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga.
- Basic Yogic Methods:Asana: Classification of Asanas, Sitting, Standing,Lying, Inverted asanas. Benefits of Asanas: Effects of Asanas on general health. Pranayama: Importance & impact on Muscular, Cardio Respiratory and Nervous System. Relaxation and meditation: Importance & impact on body at work and body at rest.. Bandhas: Jalandhara, Mula, Udyana. Mudras:Chin,Yoga,Aswini, Brahma Mudra. Kriyas: Neti ,Nauli, Kapalabhati, Trataka, Dhauthi, Bhastrika.
- Types and importance of asanas with special reference to physical education and sports. Suryanamaskara of 12 stages
- School Games Federation of India – National School Games – Rules for Yogasana Competitions.

## **6. Recreation and Value Education:**

- Basics Of Recreation: Meaning, Definition of Recreation and Leisure Management, Importance, Values of Recreation.
- Recreation and Play: Theories of Recreation, Theories of Play.
- Types Of Recreational Activities: Indoor, Outdoor games, Music, Dance, Picnics and Excursions.

## **7. Sports training:**

- Introduction to Sports Training: Meaning and Definition of Sports Training, Aims and Objective of Sports Training, Principles of Sports Training. Methods of Sports Training: Continuous training, Interval training, Repetition training, Fartlek training, Resistance training, Circuit training, Plyometric training. Warm-up and warm-down, Athletic diet: Pre competition, during competition and post competition.
- Training Components, Meaning & Definition and their development methods: Speed, Strength, Endurance, Co-Ordination and Flexibility.
- Training Process: Load: Definition and Types of Load. Principles of Intensity and Volume of Load. Meaning and methods of Technical Training and Tactical Training.
- Training program and planning: Periodization – Meaning, Aims and types of Periodization: Preparatory, Competition, Transitional. Planning: Training session, Talent Identification and Development.

## **8. Officiating And Coaching**

- 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.
- 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.

## **PART – V**

### **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)**