



**Syllabus for the post of PHYSICAL TRAINING INSTRUCTOR**

**SELECTION PROCESS OF PHYSICAL TRAINING INSTRUCTOR**

1. Physical Fitness Test: 12 minutes Cooper Test. This is a pass/fail test.
2. Screening Test: Subject related to the syllabus
3. Skill Test: Specialized game skill test

**(A) WRITTEN TEST**

- **GENERAL APTITUDE:** Reading Comprehension, Communication, Reasoning (including Math's), Information & Communication Technology (ICT), Sports Current affairs.
- **SPORTS TRAINING** - Principles & Concepts of Sports Training, Means and methods of executing, training load, Overload, its Causes, symptoms and remedial measures, Speed, Strength, endurance, Flexibility, and coordinative abilities and periodization
- **NUTRITION** - Balanced Diet & Nutrition (Macro & Micro- Nutrients), Nutritive & Non-Nutritive Components of Diet Nutritional requirements of athletes: pre, during and post competition phases Energy requirements of athletes in specified events.
- **SPORTS INJURIES AND MANAGEMENT:** Types of Sports injuries and its prevention, First Aid, Management of injuries, Causes and remedies of injuries, sports Physiotherapy, rehabilitation and Massage.
- **ANATOMY, EXERCISE PHYSIOLOGY, KINESIOLOGY AND BIO MECHANICS:** Basic concepts and fundamentals of human movements.
- **TEST & MEASUREMENT AND EVALUATION:** Types of tests and construction of standard knowledge and skill tests, Criteria of selecting an appropriate test and administration of testing programme, Tests for fitness- Physical fitness, motor fitness, motor ability and motor education, Health-related fitness tests. Test for fitness components- strength, endurance, speed, flexibility and coordinative abilities.
- **RULES OF OFFICIATING AND COACHING:** Rules and regulations of various games and sports.

**(B) SKILL TEST & PHYSICAL FITNESS TEST**

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