

**SYLLABUS FOR COMPUTER BASED RECRUITMENT TEST (CBRT)**  
**FOR THE POST OF PHYSICAL EDUCATION TEACHERS/TALUKA SPORTS**  
**ORGANIZER/ZONAL SPORTS ORGANIZER/STATE SPORTS ORGANIZER**  
**UNDER**  
**DIRECTORATE OF EDUCATION**  
**(Advt No.04 Year 2025)**

**I. General English including Grammar - 05 marks**

**II. General Knowledge, Current Affairs and Events of National and International Importance - 10 marks**

**III. Logical Reasoning and Analytical Ability - 10 marks**

**IV. Core: - 50 marks**

**1. Foundations of Physical Education**

1. Objectives and scope of physical education
2. Role of physical education in holistic development
3. Philosophical and historical background

**2. Sports Rules and Regulations**

1. Basic rules and scoring of popular games (e.g., Football, Volleyball, CRICKET)
2. Standard dimensions and markings of play areas
3. Equipment specifications and officiating signals

**3. Health and Physical Fitness**

1. Components of physical fitness (strength, endurance, flexibility, etc.)
2. Role of exercise in preventing lifestyle diseases
3. Personal hygiene and health education

**4. Yoga and Its Importance**

1. Introduction to yoga: meaning, principles, and benefits
2. Common asanas and their physiological effects
3. Pranayama and meditation techniques for school-age children

**5. Organization of Sports Events**

1. Steps in planning and conducting school/taluka/state-level tournaments
2. Preparation of fixtures, time-table, and resource allocation
3. Roles and responsibilities of organizers and officials

**6. Sports Training and Coaching Basics**

1. Principles and types of sports training (general and specific)
2. Warm-up, cool-down, and physical conditioning methods
3. Identifying and nurturing sports talent at grassroots level

**7. Youth Development and Voluntary Movements**

1. Objectives and structure of Bharat Scouts and Guides
2. Youth engagement through National Service Scheme (NSS)
3. Role of sports in youth leadership and character building

**8. Incentives and Sports Recognition**

1. Criteria for issuing sports certificates (taluka/state/national level)
2. State and central government sports awards and incentives
3. Importance of documentation and verification procedures

**9. First Aid and Sports Injuries**

1. Types and prevention of common sports injuries (sprains, fractures, etc.)
2. Basic first aid procedures and emergency response
3. Role of physical educators in ensuring safety during events

**10. Sports Policies and promotion**

Current sports policies and Government initiatives in sports promotion

**Note:**

**Duration for C.B.R.T : 90 Minutes**

**Maximum Marks for C.B.R.T : 75 Marks**