

**SYLLABUS FOR COMPUTER BASED RECRUITMENT TEST (CBRT)**  
**FOR THE POST OF COLLEGE DIRECTOR OF PHYSICAL EDUCATION IN**  
**GOVERNMENT COLLEGE**  
**UNDER**  
**DIRECTORATE OF HIGHER EDUCATION**  
**(Advt No. 03 Year 2019)**

**I. General English including Grammar - 10 marks**

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

**III. Logical Reasoning and Analytical Ability - 25 marks**

**IV. Core: - 30 marks**

**1. RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES**  
Methods of Research, Experimental Research, Sampling, Research Proposal and Report

**2. PHYSIOLOGY OF EXERCISE**  
Skeletal Muscles and Exercise,  
Cardiovascular System and Exercise,  
Respiratory System and Exercise  
Metabolism and Energy Transfer

**3. YOGIC SCIENCES**  
Asana and Pranayama,  
Kriyas, Mudras, Yoga and Sports

**4. TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**  
Introduction, Motor Fitness Tests, Physical Fitness Tests, Anthropometric and Aerobic-  
Anaerobic Tests,  
Skill Tests.

**5. SPORTS BIOMECHANICS AND KINESIOLOGY**  
Types of muscles, Motion and Force, Movement Analysis

**6. SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION**  
Program Management, Equipments and Public Relation.

## 7. SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Introduction, Components of Physical Fitness, Flexibility, Training Plan, Doping

## 8. SPORTS MEDICINE

Basic Rehabilitation, Spine Injuries and Exercise, Upper Extremity Injuries and Exercise  
Lower Extremity Injuries and Exercise.

## 9. HEALTH EDUCATION AND SPORTS NURTITION

Health Education,  
Health Problems in India, Hygiene and Health,  
Sports Nutrition and Weight Management.

### **Note:**

**Duration for C.B.R.T : 75 Minutes**

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

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