

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. 07 Year 2019)

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. 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