

**SYLLABUS FOR COMPUTER BASED RECRUITMENT TEST (CBRT)**  
**FOR THE POST OF INSTRUCTOR OF PHYSICAL EDUCATION IN GOVERNMENT**  
**COLLEGE**  
**UNDER**  
**DIRECTORATE OF HIGHER EDUCATION**  
**(Advt No. 05 Year 2023)**

**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. PHYSIOLOGY OF EXERCISE**

Skeletal Muscles and Exercise,  
Cardiovascular System and Exercise,  
Respiratory System and Exercise  
Metabolism and Energy Transfer

**2. YOGIC SCIENCES**

Asana and Pranayama,  
Kriyas, Mudras, Yoga and Sports

**3. TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

Introduction, Motor Fitness Tests, Physical Fitness Tests, Anthropometric and Aerobic-  
Anaerobic Tests,  
Skill Tests.

**4. SPORTS BIOMECHANICS AND KINESIOLOGY**

Types of muscles, Motion and Force, Movement Analysis

**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. Physiological factors**

Physiological factors affecting development of physical fitness Component's concepts of fatigue,  
stitch, Cramp and oxygen debt.

**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 : 90 Minutes**

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

Uploaded by GPSC on 02.08.2023