



ANNEXURE-XIII (A)

SYLLABUS FOR M.P.ED. ADMISSION TEST -SPORTS KNOWLEDGE

ATHLETICS

1. History of Track & Field Athletics.
2. Technique of Track & Field events.
 - 2.1 Sprints, hurdle events, Relays, Middle distance and Long distance races
 - 2.2 Tactics in Middle and Long distance events.
 - 2.3 Jumps – Long jump, High jump, Triple jump and Pole vault.
 - 2.4 Throws – Shot put, Discus throw, Javelin throw, Hammer throw.
3. Introduction of combined events.
4. Track & Field Competition rules.
5. Marking for Track & Field events.
6. Principles of Sports training for Track & Field events.

BADMINTON

1. **Introduction to Badminton, Equipment and Facilities**
 - 1.1 History: Introduction of the game, history and development of the game with reference to India, Asia and World
 - 1.2 Equipment and Facilities: The Racket, Shuttle Cock, Clothing, The Court, Checklist for Game or Practice equipment
2. **Organizational Set-Up:**
 - 2.1 Structure and Functions of Controlling Bodies: International Body (BWF) and their affiliated units National Bodies (BAI) and their affiliated units
 - 2.2 Major International and National competitions.
 - 2.3 Technical requirement for conduct of National Tournament
3. **Officiating and Specification of Indoor Hall**
 - 3.1 Laws and Rules of Badminton. Their Interpretation
 - 3.2 Mechanics of officiating (Duties of Referee(S), Umpire, Service Judge and Line Judges).
 - 3.3 Indoor Hall requirement (Court Marking, Flooring, Height, Lighting System and its maintenance)
4. **Fundamental Techniques/ Skills and their Development**
 - 4.1 Classification and Importance



- 4.2 Development of Basic and Advance Skills
- 4.3 Grips (Forehand, Backhand, Multipurpose, Pan Handle, Short and Long)
- 4.4 Services (Short, Long or High Service, Drive and Flick Service)
- 4.5 Strokes (Forehand, Backhand, Overhead, Over-arm, Underhand, Round the head)
 - 4.5.1 Foot work
 - 4.5.2 Body Skills
- 4.6 Drills and lead-up activities.
- 4.7 Tactics and Strategy
 - 4.7.1 Basic Strategy
 - 4.7.2 Application of basic techniques to tactics (Serve-Receive and Strokes).
 - 4.7.3 Tactics and Strategy Singles, Doubles and Mixed Doubles.

5. Training

- 5.1 Training (Principles), Methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility), Co-ordinative ability,
- 5.2 Systematization of training process for a beginner, Intermediate and High performance sports persons.
- 5.3 Training Load and adaptation distribution of training load, overtraining and overload).
- 5.4 Psychological/ Mental Preparation during training

6. Planning

- 6.1 Short term and long term training plans.
- 6.2 Fundamental Concepts of training planning (Training Volume, time frequency, intensity, Principle of super- compensation)
- 6.3 Periodization (Preparatory, Competitive & Transition Period-Macro-cycle and Micro-Cycle, Meso Cycle).

7. Evaluation

- 7.1 Training Diary
- 7.2 Fitness Tests (General and Specific)
- 7.3 Skill Tests
- 7.4 Performance Assessment and Monitoring

BASKETBALL

1. HISTORY

- 1.1 Historical development of Basketball at:



- a) International Level (World history, Olympics, World Championship, Asian Games)
 - b) National Level (India)
- 1.2 Organization: Structure and functions of different bodies governing Basketball at various levels:
- a) FIBA
 - b) ABC
 - c) BFI
- 1.3 Brief introduction of major National and International Basketball Competitions.
- 2. Facilities and equipment in Basketball.**
- 2.1 Construction of court. (Cemented, synthetic and wooden)
 - 2.2 Marking of court.
 - 2.3 Various technical equipments (specifications and purpose)
- 3. Rules**
- 3.1 Rules and their Interpretation.
 - 3.2 Introduction of officiating
- 4. Basic qualities and qualification of Basketball coach.**
- 5. Warm up and Limber down.**
- 5.1 Importance
 - 5.2 Principles
 - 5.3 Types (general and specific)
 - 5.4 Means and methods.
- 6. Motor abilities required for Basketball players and their developments.**
- 6.1 Specific motor abilities.
 - 6.2 Means and methods of developing specific these motor abilities.
- 7. Technique / skill**
- 7.1 Classification of techniques in Basketball
 - 7.2 Technique training (phases, methods)
- 8. Tactics**
- 8.1 Classifications of tactics (Group and team)
 - 8.2 Training means and methods.
- 9. Fitness test for Basketball players and officials (specific fitness)**



CRICKET

1. History:

Historical development of the Cricket at national and international levels.

2. Organization:

2.1 Foundation of B.C.C.I

2.2 Foundation of I.C.C

2.3 Major National and International competitions.

3. Officiating and Layout of Play field:

3.1 Rules and their interpretations.

3.2 Mechanics of officiating.

3.3 Layout and marking of cricket field.

4. Techniques/Skills:

4.1 Classification of Techniques/Skills. Bating, Bowling and Fielding.

4.2 Technical/Skill training.

4.2.1 Preparatory Exercise.

4.2.2 Basic Exercise.

4.2.3 Supplementary Exercise.

5. Tactics and Strategy:

5.1 Selection of players/teams for deferent tournament of Cricket

5.2 Different tactical concepts applicable to the game of cricket

5.3 Tactical training in cricket

6. Training:

6.1 Systematization of training process for a beginner, intermediate and high performance crickets.

6.2 Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility.)

6.3 Load dynamics (Principles of Training load, distribution of training load)

6.4 Basic Concept of preparation of training schedules.

7. Planning:

7.1 Short term and long term training plans.

7.2 Periodisation (Prep. Camp & Transition).



8. Evaluation:

- 8.1 General Fitness Tests
- 8.2 Specific Fitness Tests
- 8.3 Performance and Skill Tests.

FOOTBALL

1. History, development, organization and management of the game at:

- a. World level
- b. Asia level
- c. India level

2. Structure and functions of controlling bodies of football:

- a. FIFA
- b. AFC
- c. AIFF

3. Organization and management of various competitions:

- a. System including qualifying system followed in the game:
 - I. World Cup
 - II. Olympic Games
 - III. Asian Games
 - IV. National Championship (Santosh Trophy-Men & Women)
 - V. Inter-University Competitions (Men & Women)

4. Laws of the game and layout of play field:

- a. Laws and their interpretations
- b. Mechanics of officiating
- c. Construction/ Layout, Marking and maintenance of play field.
- d. Maintenance of training equipments.

5. Technique and Skill

a. Classification of Techniques/ Skill

- I. Methodical Phase of teaching technique in football
- II. Practical training of technique under easier conditions
- III. Basic development of technique

6. Description of tactics

a. General Tactics and Applied Tactics

b. Individual Tactics

- I. In Attack
- II. In Defence



c. Group Tactics

- I. In Attack
- II. Defence

7. Warm up types and means:

1. General and specific warm-up and means of warm up

2. General training

- a. Speed Reaction speed. Starting speed, acceleration speed
- b. Endurance- General and specific: speed endurance.
- c. Strength- General strength, strength endurance and explosive strength

3. Talent identification and development of talent

- a. Principles
- b. Development of talent on long term basis

8. 8.1. Periodisation

- I. Basic Concepts

8.2 Evaluation

- I. General and specific fitness tests
- II. Performance and skill test.

GYMNASTICS

1 Historical Development of Gymnastics:

1.1. At International Level:

- 1.1.1 Development of Gymnastics in Germany.
- 1.1.2 Development of Gymnastics in Switzerland.
- 1.1.3 Development of Gymnastics in France.
- 1.1.4 Development of Gymnastics in Denmark.

1.2 At National Level (India):

- 1.2.1 Pre Independence.
- 1.2.1 After Independence.

2. Organization:

- 2.1 International Bodies controlling sports and their functions.



- 2.2 National Bodies controlling sports and their functions.
- 2.3 Major International and National competitions.
3. **Measurements and specifications of Artistic Gymnastics Apparatuses (Men & Women):** Parallel Bars, Pommel Horse, Horizontal Bar, Vaulting Table, Floor Exercise, Rings and Spring Board, Uneven Parallel Bars, Balancing Beam.
4. Regulation for Gymnast and Coaches:
 - 4.1 Rights for the Gymnast.
 - 4.2 Responsibilities of the Gymnast.
 - 4.3 Right and Responsibilities of Coaches.
5. **Functions and responsibilities of officials:** President, General Secretary, Technical members, superior, Apparatus Supervisor etc.
6. **Regulations for Judges:**
 - 6.1 Apparatus Jury.
 - 6.1.1 Functions of D Panel Judges.
 - 6.1.2 Functions of E Panel Judges.
 - 6.1.3 Functions of Secretary and Assistant.
7. **Evaluation of the Exercises:**
 - 7.1 Components of the evaluation:
 - 7.1.1 Difficulty Value.
 - 7.1.2 Composition requirement / Exercise Presentation.
 - 7.1.3 Connection Value.
 - 7.2 General Faults and Penalties:
 - 7.2.1 By E Panel Judges.
 - 7.2.2 By D Panel Judges.
8. **Specific requirements in relation to Apparatus (Men Artistic Gymnastics)**
 - 8.1 Vault.
 - 8.2 Parallel Bars.
 - 8.3 Pommel Horse.
 - 8.4 Horizontal Bar.
 - 8.5 Floor Exercise.
 - 8.6 Rings.
9. **Specific requirements in relation to Apparatus (Women Artistic Gymnastics)**
 - 9.1 Floor Exercise.
 - 9.2 Vault.



- 9.3 Balancing Beam.
- 9.4 Uneven Parallel Bars.

10. Classification of swinging elements:

- 10.1 Rolling movements.
- 10.2 Upstart movements.
- 10.3 Uprise movements.
- 10.4 Balance Over Movements.
- 10.5 Take off movements.
- 10.6 Leg Swing movements.
- 10.7 Hip circle movements.
- 10.8 Upward swing and rotatory movements.

11. Different Phases of vaults jumps in Gymnastics.

HOCKEY

1. Historical development of the Hockey in the World, Asia and India.
2.
 - 2.1 National Body controlling Hockey and its affiliated units.
 - 2.2 World Body controlling Hockey and their affiliated units.
 - 2.3 Major National and International competitions.
Beighton Cup, Rangaswamy Cup, National Games Olympic Games, World Cup, Asian Games
3.
 - 3.1 Rules and their interpretations.
 - 3.2 Mechanics of officiating.
 - 3.3 Layout and marking of play areas.(Grass, Synthetic Surface).
 - 3.4 Impact of Latest Rules Changes on the Game.
4.
 - 4.1 Classification of Techniques/Skills- Explanation of Push, Stop, Hit, Flick, Dribble.
 - 4.2 Definition of Pass, Types and Maxims of Passing.
 - 4.3 Steps of Skill training
 - 4.3.1 Phase I
 - 4.3.2 Phase II
 - 4.3.3 Phase III



5. 5.1 Selection of players/teams
- 5.2 Different tactical concepts applicable to the game/sport
 - 5.2.1 Total Hockey.
 - 5.2.2 Systems of Play (Formations).
 - 5.2.3 Principles of Offence.
 - 5.2.4 Principles of Defense.
- 5.3 Tactical training- Offensive and Defensive duties of Players.
6. 6.1 Systematization of training process for a beginner, intermediate and high performance Hockey Players.
- 6.2 Training methods and means for the development of motor abilities for hockey players (Strength, Speed, Endurance and Flexibility.)
- 6.3 Load dynamics (Principles of Training load, distribution of training load)
- 6.4 Basic Concept of preparation of training schedules.
- 6.5 Functional Training of Goalkeepers, Forwards, Midfields and Defense.
7. 7.1 Short term and long term training plans.
- 7.2 Periodisation (Prep. Camp & Transition).

JUDO

1. **History**
 - 1.1 Historical development of the Judo at national and International Level
 - 1.2 Principle of Judo
 - 1.3 Articles of Judo
2. **Organization:**
 - 2.1. National Bodies controlling judo and their affiliated units.
 - 2.2. International bodies controlling judo and their affiliated units.
 - 2.3. Major national and international competition.
3. **Qualifying system of major national and international competition.**
4. **Officiating and layout of play field.**
 - 4.1 Rules and their interpretations.
 - 4.2 Mechanics of officiating
 - 4.3 Preparation for competition arena
 - 4.4 Role of officials and their duties and responsibilities.

**5. Techniques/ Skills**

- 5.1 Classification of Techniques/ Skills.
- 5.2 Technical/ Skill Training
 - 5.2.1 Preparatory Exercise
 - 5.2.2 Basic Exercise
 - 5.2.3 Supplementary Exercise

6. Drills of nage komi and uchi komi**7. Tactics and Strategy:**

- 7.1 Selection of players/ team
- 7.2 Different tactical concepts applicable to the judo.
- 7.3 Tactical training

8. Evaluation:

- 8.1 General fitness test.
- 8.2 Specific fitness test.

SWIMMING

1. Historical development of swimming at national and international levels.
2. Working of SFI (Swimming Federation of India) Paralympic swimming Federation international de natation(FINA).
3. Major national and International swimming competitions.
4. Swimming rules and their interpretations.
5. Duties and responsibilities of various officials.
6. Constructions, maintenance and super vision of swimming pool.
7. Significance of swimming as an activity.
8. Health, hygiene and safety rules to be followed at swimming pool.
9. Teaching stages of swimming to beginners.
10. Classification of swimming techniques and their theory (strokes, starts and turns).
11. Land training for swimmers,
12. Water training for competitive swimming
13. Planning and periodization in swimming.
14. Strategy and tactics involved in swimming and relay races.
15. Tests for evaluating swimming strokes and performance related factors.



TENNIS

1. Historical development of Tennis at National & International level.
2. Development of equipment of Tennis.
3. Organizational Structure & Functions of All India Tennis Association (AITA) & International Tennis Federation (ITF).
4. Major National and International Competitions in Tennis.
5. Basic and advanced techniques in Tennis.
6. Offensive and defensive tactics.
7. Observation of trainees and opponents for assessing strengths and weaknesses.
8. Drills for fundamental strokes.
9. Rules and their interpretations.
10. Mechanics of officiating.
11. Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility).
12. Principles and distribution of training load.
13. Skill test.

VOLLEYBALL

1. **Historical development of the game/sport at national and International levels.**
2. **Organization:**
 - 2.1 National bodies controlling sports and their affiliated units.
 - 2.2 International Bodies Controlling Sports and their affiliated units
 - 2.3 Qualifying system of Major International Competitions
 - 2.3.1 World Cup
 - 2.3.2 Olympics
3. **Officiating and Lay-Out of Play Field**
 - 3.1 Rules and their Interpretations
 - 3.1.1 Facilities and Equipment
 - 3.1.2 Participants
 - 3.1.3 Playing Format
 - 3.1.4 Playing Actions
 - 3.1.5 Interruption, Intervals and Delays
 - 3.1.6 Libero Player
 - 3.1.7 Participant's Conduct
 - 3.1.8 Referees



3.2 Layout and marking of Play Areas

4. Classification of Technique/Skill

4.1 Teaching Stages of Technique

4.1.1 Underhand Pass

4.1.2 Overhand Pass

4.1.3 Service

4.1.4 Spike

4.1.5 Block

4.1.6 Forward Dive

4.1.7 Sideward Roll

4.2 Correction and Faults of Technique

4.3 Recreation and Lead up Activities

5. Tactics and Strategy

5.1 System of Play and Selection of Players

5.2 Individual Tactics and Team Tactics

5.3 Tactical Training

5.4 Systematization of training process for a beginner, Intermediate and High Performance

5.5 Training Means and Method for the development of Motor Abilities in Volleyball

6 Planning

6.1 Short Term and Long Term Training Plans

6.2 Periodization (Preparatory, Competition and Transition)

6.3 Basic Concept of Preparation of Training Schedules

WEIGHTLIFTING

1 History

1.1 Historical development of Weightlifting at National and International level.

2 Organization

2.1 National bodies controlling weight lifting its objectives and obligation towards IWF.

2.2 International Body controlling weight lifting its objectless and obligation towards the National Federation.

2.3 Major National and International competitions in weightlifting.



3. Technical Rules

- 3.1 Programme of Weightlifting competition.
- 3.2 Apparatus and documents for a weightlifting competition.
- 3.3 Outfits of the competitor in Weightlifting.
- 3.4 Weightlifting competition and officials of the competition and their responsibilities.
- 3.5 Layout the competition stage/area.

4. Techniques/skills in Weightlifting.

- 4.1 Techniques / skills in weightlifting.
- 4.2 Classifications of techniques / skills in Weightlifting.
- 4.3 General rules for all lifts.
- 4.4 Incorrect movements and positions for all lifts.
- 4.5 Mechanical Principal of techniques in weight lifting
- 4.6 Assistance exercise/ supplementary exercise and hydria exercise for Weightlifting.

5. Training and preparation of Weightlifters.

- 5.1 Training for Weightlifting competition.
- 5.2 Training the beginners, intermediate and advanced weightlifters.
- 5.3 Development of strength and flexibility for a weightlifter.
- 5.4 Principles of training load in Weightlifting.
- 5.5 Basis concept about the preparation of weightlifting training schedule.

6. Weightlifting ergogenies.

- 6.1 Effects of weight Lifting on the body
- 6.2 Energy system used in weight lifting.
- 6.3 Weight lifting and its affects on blood pressure and pulse rate.
- 6.4 Common injuries in weight lifting, its causes and prevention.

YOGA

1. Scope and importance of Yoga.
2. Types of Yoga.
3. Yoga and Text
 - a. Yoga and Patanjali.
 - b. Different Sutras.
 - c. Yoga and Astang Yoga.
 - d. Yoga with Yama & Niyama.



4. **Relationship of Yoga and Digestive System.**
5. Relationship of Yoga and Respiratory System.
6. Relationship of Yoga and Circulatory System.
7. Meaning of Yogic Diet.
8. Difference between Yogic and Normal Diet.
9. Meaning of Yogic Therapy
10. Types of Yogic Therapy
11. Meaning, Scope, types and Methods of Meditation.
12. Effect of Meditation on Human Body
13. Present status of Yoga in Schools, Colleges and Universities
14. **Asanas**
 - a. Scope and Principles of Asanas
 - b. Types of Asanas
 - c. Characteristics of Asanas
 - d. Difference between Asanas and Physical exercise
15. **Pranayamas**
 - a. Definition, Scope and Principles of Pranayamas
 - b. Characteristics of Pranayamas
 - c. Types of Pranayamas
16. **Cleansing Process**
 - a. Meaning, Types and Principles of Cleansing Process
 - b. Methods of Cleansing Process
 - c. Effect of Cleansing Process on human body
17. **Bandha**
 - a. Meaning, Scope and Types of Bandhas
 - b. Principles of Bandhas
 - c. Effect of Bandhas during Pranayama Practice
18. Rules and regulation of Yogic competitions



ANNEXURE – XIII (B)

SYLLABUS FOR M.P.Ed. ADMISSION TEST*Professional competency (60 Marks)*

- 1. Introduction, Foundations and Management of Physical Education**
 - 1.1 Aims and objectives of Education and Physical Education and Contribution of Physical Education to Education
 - 1.2 Biological, Psychological and Sociological Principles and their Application in Physical Education.
 - 1.3 Different Schools of Philosophy and their relevance to Physical Education.
 - 1.4 Meaning, Phases, Nature and Importance of Management.
 - 1.5 Location, Preparation, Layout and Maintenance of Play Fields Construction, Care and Maintenance of Gymnasium and Swimming Pool.
 - 1.6 Equipments in Physical Education Criteria of selection, procedure of purchase, care and maintenance of equipments.
 - 1.7 Intramural and Extramural Programmes.
 - 1.8 Budget for Physical Education -Budget making and accounting
- 2. Health Education**
 - 2.1 Definition of Health and Description of its components.
 - 2.2 Definition, Scope and Principles of Health Education.
 - 2.3 Health Problems in India
 - 2.4 School Health Programme
 - 2.5 Nutrition, Assessment of Nutrition, Classification of Food, Balance Diet.
- 3. Anatomy, Physiology and Physiology of Exercise**
 - 3.1 Essential properties of Living Matter
 - 3.2 Cell, Tissues, Organs and Systems-Structure and Function
 - 3.3 Bio-Electric Potential.
 - 3.4 Study of following systems and processes with a view to understand the effect of exercise on Different systems of the Body.
 - 3.4.1 Cardio-Vascular System
 - 3.4.2 Respiratory System
 - 3.4.3 Nervous System
 - 3.4.4 Metabolism and Temperature Regulation
 - 3.4.5 Sensory System.



4. Educational Methods and Educational Technology

- 4.1 Teaching Technique in Education.
- 4.2 Principles of Teaching, Commands and Class Management
- 4.3 Lesson Planning- Physical Education and Coaching Lessons
- 4.4 Tournaments-Knockout, League, Combination and Challenge types.
- 4.5 Audio-Visual aids-values, criteria for selection and suggestion for use.
- 4.6 Presentation Techniques in Physical Education.
 - 4.6.1 Preparation, Comment and Formation.
- 4.7 Micro Teaching, Simulation Teaching.
- 4.8 Definition of Components of an Instruction System, Advantages of System Approach.

5. Educational Psychology

- 5.1 Growth and Development, types of learning, principles of learning, Learning use
- 5.2 Factors of learning and theories of learning
- 5.3 Individual Differences
- 5.4 Personality (Meaning & Nature)
- 5.5 Memory & Types of Memory.

6. Kinesiology and Corrective Physical Education

- 6.1 Types of Joints & Muscles.
- 6.2 Major Terminologies of Fundamental Movements.
- 6.3 Location and Action of Major Muscles.
- 6.4 Motor Unit and all and Non-law.
- 6.5 Reciprocal Innervation.
- 6.6 Equilibrium and Friction.
- 6.7 Prevention of Injuries
- 6.8 Massage
- 6.9 Postural Deformities.
- 6.10 Therapeutic Exercises
- 6.11 Rehabilitation of Sports Injuries.

7. Tests & Measurements

- 7.1 Tests, Measurements, Evaluation, Statistics, their Meaning?
- 7.2 Measures of Central Tendency, Measures of Variability.
- 7.3 Percentile and Correlation
- 7.4 Criteria of Test Selection
- 7.5 Motor Fitness Tests, Skill Tests of different Games & Sports.

**8. Adapted Physical Education**

- 8.1 Types of Disability, their causes and functional limitations.
- 8.2 Behavioral problems associated with disability.
- 8.3 Principles for adapted Physical Education Programme.
- 8.4 Rehabilitation of various types of disability.
- 8.5 Functional & occupational rehabilitation.
- 8.6 Psychological Rehabilitation.

9. Sports Training

- 9.1 Meaning, Definition and Principles of Sports Training.
- 9.2 Definitions, types and factors of training load.
- 9.3 Meaning and Classification of speed, strength and endurance.
- 9.4 Training method of speed, strength and endurance.
- 9.5 Definition and method of teaching training.
- 9.6 Meaning, types & importance of periodisation.

10. General Awareness.

- 10.1 Reasoning.
- 10.2 Sports Knowledge.
- 10.3 Current Affairs.