

HARYANA PUBLIC SERVICE COMMISSION

BAYS NO. 1-10, BLOCK-B, SECTOR - 4, PANCHKULA


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The Commission invites online applications from eligible candidates for the posts of **Post Graduate Teachers (PGTs) in various subjects for Rest of Haryana Cadre and Mewat Cadre, for which the guidelines / steps for submission of online application form by the candidates are as under:-**

1. Candidates have to compulsorily register online by visiting regn.hpssc.gov.in directly OR through <http://hpssc.gov.in> for submitting their online application form.
2. After registration, a login ID would be created and the candidates will have to complete the registration process by using the login ID.
3. Parivar Pehchan Patra (PPP), Aadhar No. & Virtual ID (VID) is required for Aadhar authentication during Biometric attendance
4. After completion of registration, the candidates can apply against the respective advertisement as per their qualifications.
5. Duly filled application form can be submitted only after payment of requisite fee.
6. After making payment, the candidates have to take a printout of their application form and upload the same after duly checking & signing it.
7. Application process would be completed only after submission of duly signed application form by the candidates.

For more information, log on to <http://hpssc.gov.in>


23/7/2024
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Date: 23.07.2024

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PHYSICAL EDUCATION

Annexure - XIII

Unit - I

- Definition, aim and objectives of Physical Education, Health education and Recreation.
- Philosophies of Education as applied to Physical Education – Idealism, Naturalism, Realism, Pragmatism, Existentialism and Humanism.
- Biological basis of physical activity – benefits of exercise, growth and exercise, exercise and well – being sex and age characteristics of adolescent, body types.
- Psychological basis of Physical Education – Play and Play theories, general principles of growth and development, Principles of motor – skill acquisition, transfer of training effects.
- Sociological basis of Physical Education – socialization process, social nature of men and physical activity, sports as cultural heritage of mankind, customs, traditions and sport, competition and cooperation.
- Physical Education in ancient Greece, Rome and Contemporary Germany, Sweden, Denmark and Russia.
- Olympic Movement – Historical development of Ancient and Modern Olympic Games.
- Physical Education in India.

Unit - II

- Physiology of Muscular activity, Neurotransmission and Movement mechanism.
- Physiology of respiration.
- Physiology of blood circulation.
- Factors influencing performance in sports.
- Bioenergetics and recovery process.
- Athletic injuries – their management and rehabilitation.
- Therapeutic modalities.
- Ergogenic aids and doping.

Unit - III

- Joints and their movements – planes and axes.
- Kinetics, Kinematics-linear and angular, levers.
- Laws of motion, principles of equilibrium and force, spin and elasticity.
- Posture, Postural deformities and their correction.
- Muscular analysis of Motor movement.
- Mechanical analysis of various sports activities.
- Mechanical analysis of fundamental movements – (running, jumping, throwing, pulling and pushing).
- Massage manipulation and therapeutic exercises.

Unit - IV

- Learning process – theories and laws of learning.
- Motivation, theories and dynamics of motivation in sports.
- Psychological factors affecting sports performance – viz., stress, anxiety, tension and aggression.
- Personality, its dimensions, theories, personality and performance.
- Individual differences and their impact on skill learning and performance.
- Group dynamics, team cohesion and leadership in sports.
- Sociometrics, economics and politics in sports.
- Media and sports.


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Unit – V

- Development of teacher education in Physical Education.
- Professional courses in Sports and Physical Education in India.
- Professional Ethics.
- Qualities and Qualifications of Physical Educational Personnel.
- Principles of curriculum planning.
- Course content for academic and professional courses.
- Age characteristics of pupils and selection of activities.
- Construction of class and school Physical Education time table.

Unit – VI

- Health – Guiding principles of health and health education.
- Nutrition and dietary manipulations.
- Health – related fitness, obesity and its management.
- Environmental and occupational hazards and first aid.
- Communicable diseases – their preventive and therapeutic aspect.
- School health program and personal hygiene.
- Theories and principles of recreation.
- Recreation program for various categories of people.

Unit – VII

- Characteristics and principles of sports training.
- Training load and periodization.
- Training methods and specific training programme for development of various motor qualities.
- Technical and Tactical preparation for sports.
- Short-term and long – term training plans.
- Sports talent identification – process and procedures.
- Preparing for competition – (build up competitions, main competition, competition frequency, psychological preparation).
- Rules of Games and Sports and their interpretations.

Unit – VIII

- Nature, scope and type of research.
- Formulation and selection of research problem.
- Sampling – process and techniques.
- Methods of research.
- Data collection – tools and techniques.
- Statistical techniques of data analysis – measures of central tendency and variability, correlation, normal probability curve, t – test and f – tests, chi – square, z – test.
- Hypothesis – formulation, types and testing.
- Writing research report.

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Unit – IX

- Concept of Test, measurement and evaluation.
- Principles of measurement and evaluation
- Construction and classification of Tests.
- Criteria of test evaluation.
- Concepts and assessment of physical fitness, motor fitness, motor ability and motoreducability.
- Skill test for Badminton, Basket ball, Hockey, Lawn – tennis, Soccer, Volley ball.
- Testing psychological variables – competitive anxiety, aggression, team cohesion, motivation, self – concept.
- Anthropometric measurements and body composition.

Unit – X

- Concept and principles of management.
- Organization and functions of sports bodies.
- Intramurals and Extramurals.
- Management of infrastructure, equipments, finance and personnel.
- Methods and Techniques of teaching.
- Principles of planning Physical Education lessons.
- Pupil – teacher interaction and relationship.
- Concept of techniques of supervision.

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