Uttar Pradesh Education Service Selection Commission, Prayagraj

TRAINED GRADUATE TEACHER (TGT) SYLLABUS

SUBJECT: PHYSICAL EDUCATION

Unit 1: History, Foundation, and Development of Physical Education

- Historical development of Physical Education in India, Greece, and Rome.
- Philosophies of Physical Education: Idealism, Pragmatism, Naturalism. Definition, aims, and objectives of Physical Education.
- Development of Physical Education in India (Pre & Post Independence)
- Government Schemes and Initiatives: National Games, Khelo India Mission, Fit India Movement, TOPS, Fitness Protocol and Guidelines, Important Tournaments and Venues.
- India in the Olympic Games, Asian Games, Commonwealth Games, World Cups/ Championships, and Paralympics. Important Days regarding Health and Fitness.

Unit 2: Methods, Organization, and Administration in Physical Education

- Teaching Methods: Types of Teaching Methods, Principles of Class Management, Teaching Aids, Lesson Plans, and factors affecting teaching methods.
- Core principles and functions of Organization and Administration. Office and Staff Management.
- Maintenance of Sports Infrastructure and Equipment: Indoor and outdoor sports facilities.
- Organization of Competitions: Fixtures and their types - League, Knock-out, Combination Tournaments. Intramural/ Extramural tournaments.
- Recreational and Minor Games.

Unit 3: Human Anatomy and Physiology.

- Biological foundation of the human body: Cells, Tissues, and Organs.
- Structure and Functions of the human body and its systems: Muscular system, Skeletal system, Circulatory system, Respiratory system, Digestive system.
- Human Blood Composition. Capacities and Volumes of Lungs.
- Impact of physical exercise on the Muscular, Circulatory, and Respiratory systems.

Unit 4: Kinesiology and Human Movement

- Fundamental Movements of the human body. Axis and Planes. Centre of Gravity & Line of Gravity.
- Types of Muscle Contractions. Major muscles at various joints.
- Concept and applications of Kinesiological Principles in sports activities: Force, Friction, Lever, Laws of Motion.
- Concept of Motion: Distance, Displacement, Speed, Velocity, and Acceleration with sports application.

Unit 5: Psychological and Sociological Aspects of Physical Education

- Definitions and Importance of Psychology and Sports Psychology. Theories, laws, andtransfer of Learning.
- Psychological factors affecting sports performance. Individual Differences. Types of Personality and Motivation.
- Sociological foundation of physical education and sports. Leadership Qualities. Group Dynamics. Group Cohesion and Peer Group.
- Sociological Factors affecting sports performance. Agents of Socialization in sports.
- Principles, objectives, and components of Adaptive & Inclusive Physical Education.

Unit 6: Sports Injuries, Health Education, and Nutrition

- Types and classification of Sports Injuries. First-aid and care of common athletic injuries.
- Therapeutic Modalities: Hydrotherapy and Electrotherapy.
- Principles of Health Education, Health Care Services, and Health Programs in India.
- Communicable and Non-Communicable Diseases, Lifestyle diseases, Deficiency Diseases, and Postural Deformities.
- Nutrition and Health: Macro and Micro Nutrients, Balanced Diet, Yogic Diet, Food Adulteration.
- Ergogenic Aids and Doping in Sports.

Unit 7: Sports Training and Yoga Education

- Principles of Sports Training.Health-related and skill-related fitness components along with their testing procedures.
- Types and developmental methods of Speed, Strength, Endurance, Flexibility, and Coordinative abilities.
- Ashtanga Yoga, Types of Asanas, Types of Pranayama, Shuddhi Kriya. Surya-Namaskar. Importance and benefits of Yogic Practices in Health and Sports.
- International Yoga Day. Common Yoga Protocol. Premier Yoga Education Institutions in India.

Unit 8: General Knowledge and Awareness of Sports

- Terminologies, Major Rules, Measurements & Dimensions of playfields and equipment of: Football, Hockey, Cricket, Volleyball, Basketball, Handball, Kabaddi, Kho-Kho, Badminton, Table Tennis, Wrestling, Judo, Track and Field.
- Major National Sports Awards and Honours. Sports Awards and Eminent Sports Personalities of Uttar Pradesh.
- International Sports Personalities of India and their achievements. Key contributors and institutions in Indian Physical Education.
- National & International Sports Associations and Federations.