

APPGCET -2021: SYLLABUS
TEST NAME: 203: Physical Education

HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION: Historical Development of Physical Education, Physical Education in India (After 1947), Greece, Germany, YMCA, LNIPE, NSNIS, IOA, SAI, Foundations of Physical Education Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism Biological: Growth and development, Gender Difference: Physical, Physiological & Anthropometric (Sheldon and Kretchmer). Psychological: Types of Learning, learning curve, Laws and principles of learning.

ANATOMY AND PHYSIOLOGY: Meaning and Definition of Anatomy, Physiology and their importance in Physical Education. Structure, function and division of cell, Functions and types of tissues, Skeletal System, Types of Bones and Joints, Blood and circulatory system, Blood and circulatory system, Digestive system, Digestive system, Endocrine system, effect of training on cardiovascular system, Effects of training on respiratory system, Effects of training on muscular system, Fatigue and performance in sports,

METHODS OF TEACHING: Teaching Technique, Presentation Technique, types of command, Teaching Aids, Meaning and Importance of teaching aids. Types of Teaching aids types of Method of drawing Fixtures, Intramural and Extramural and their importance, Sports Day/Play Day, Lesson planning: Meaning, Type, principles and lesson plan. General, particular / specific and coaching lesson plan.

SPORTS PSYCHOLOGY: Meaning, Definition of Psychology and Sports Psychology - Heredity and environment – Personality: Types of Personality – Personality Traits – Need and Importance of Sports Psychology.

OLYMPIC MOVEMENT: Origin of Olympic Movement Aims of Olympic movement, The early history of the Olympic movement, The significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement, Olympic Rings, Olympic Flag, Olympic Protocol for member countries, Olympic Code of Ethics, Olympics in action, Sports for all, Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games, International Olympic Committee, Olympic medal winners of India.

KINESIOLOGY AND BIOMECHANICS: Terminology of Fundamental Movements, Planes and Axes, Gravity, Base, Centre of Gravity, Equilibrium, Line of Gravity, Structure and functional classification of joints and muscles. Types of Muscle Contractions, Postures, Levers, Newton's Laws of Motion.

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES: Definition of Health, School Health Programs, Communicable Diseases, Non-Communicable Diseases, first-aid,

MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION: Principles of Evaluation, Criteria of Good Test, AAHPER youth fitness test, JCR test, Cooper's 12 minute run/ walk test, Harvard Step test, Indiana Motor Fitness Test, Barrow motor ability test,

Lockhart and McPherson badminton test, Johnson basketball test, McDonald soccer test, Russell - Lange Volleyball test, Schmithals French Field Hockey test.

SPORTS TRAINING: Principles of Sports Training, Methods of Sports Training, Training Components.

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION: First Aid, DRABC, Artificial respiration technique, types of Treatments, Types of Bandages, Treatment Modalities, Hydrotherapy and Massage, Classification of Therapeutic exercise.

CONCEPTS OF YOGA: Meaning, Definition & Scope of Yoga, Astanga Yoga, Streams of Yoga Practice, Pranayama, Bandhas, Mudras, and Kriyas.

OFFICIATING AND COACHING: Definition of officiating and coaching, Importance and principles of officiating, Duties of official in general, pre, during and post-game in (Hockey, Football, Handball, Volleyball, Basketball, Table Tennis, Kabaddi, Kho-Kho, Throwball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit). Philosophy of officiating, Mechanism of officiating, position, Signals and movement, Ethics of officiating, Qualities and qualifications of good coach and good official, Layout of courts / fields and Rules of games, Layout of standard Track & Field and Rules.

Important note:

SELECTION PROCEDURE

- ❖ Candidates shall be selected through the A P P G C E T-2021
- ❖ Admission shall be made into M.P.Ed., course on the basis of marks obtained in the common entrance test (Theory) conducted by the Yogi Vemana University (APPGCET-2021) and the achievements in sports during their study at Degree (Graduation) / Post Graduation / B.P.Ed./B.P.E level.
- ❖ The common entrance test (Theory) will be for 100 Marks and weightage of marks for sports achievement will be for 100 marks.
- ❖ The APPGCET-2021 test will be conducted on the syllabus of B.P.Ed./ B.P.E., course. The question paper shall be set with 100 multiple choice questions (MCQs) of 90 minutes. Each question carries one mark. No negative mark for wrong answer.
- ❖ The criteria for awarding marks for sports achievement is furnished below.
- ❖ The sports achievement certificates (original) will be verified and the marks will be awarded accordingly. Hence, the candidates should bring their original sports achievement certificates along with evidence documents like **Form-I** for Internationals, **Form-II** for Nationals and **Form-III** for Inter-University participants etc., on the day informed to the candidates later.
- ❖ **The merit list will be prepared basing on the aggregate of 200 marks.**

- ❖ If there is a tie, the tie will be resolved by giving weightage to the percentage of marks secured in B.P.Ed. Course. If tie persists, persons securing highest marks in the sports achievements is preferred. If the tie still persists, age will be considered for the merit and the elder person will be awarded better rank.
- ❖ There shall be reservation of seats for SC/ST/BC/EWS, CAP, NCC, Women, etc. as per the rules of the concerned University/State Government.
- ❖ As the course demands vigorous physical activity, **pregnant women** candidates are not eligible for admission. The pregnant women candidates are not eligible to continue the course.
- ❖ In-service candidates shall produce **Relieving Certificate** from the concerned Head of Institution along with the **Permission Certificate** from the concerned Authorities.
- ❖ Student should produce **Physical Fitness Certificate** from Civil Surgeon or Assistant Surgeon (Govt. Doctor) to get eligibility for admission and to pursue the study.

Award of Marks for the Sports Achievements for the Admission into M.P.Ed. Course(Maximum 100 Marks Only)

1	2	3	4
Category	Sports Distinction / Participation Athletics & Cross country, Archery, Badminton, Ballbadminton, Baseball, Basketball, Chess, Cricket, Football, Gymnastics, Handball, Hockey, Kabaddi, Kho-Kho, Power lifting, Softball, Netball, Tennis, Table Tennis, Volleyball & Weight lifting,...	Certificate issuing Authority	Weightage Marks For all the Sports (Individual, Partner and Team) for which Association of Indian University conduct Inter University Tournaments.
1	Representing the Country in International Meets Approved by the Respective International Sports Federations / Sports Associations / Sports Authorities/FISU	International Sports Association/Federation Or Federation affiliated to Indian Olympic Association	100 Marks
2	Medal / Place/ at Senior Nationals, National Games (OR) All India Inter-University Meets	All India Sports Federation/ All India Sports Association affiliated to Indian Olympic Association (OR) Association of Indian Universities	Gold : 80 Marks Silver: 70 Marks Bronze: 60 Marks

3	Medal / Place/ at Junior National (OR) South Zone Inter-University Meets (OR) South Zone Nationals	National Federations (OR) Association of Indian Universities	Gold : 55 Marks Silver: 45 Marks Bronze: 35 Marks
4	Participation at Senior Nationals, National Games (OR) Inter-University Meets (OR) South Zone Nationals	All India Sports Federation / All India Sports Associations affiliated to Indian Olympic Association (OR) State Association (OR) Universities	30 marks
5	Junior National Participation	All India Sports Federation / All India Sports Association affiliated to Indian Olympic Association	20 Marks
6	Inter District Tournaments	State Association	Gold:15 Silver:10 Bronze:5
7	Inter-collegiate tournaments	University	Gold:10 Silver:7 Bronze:5

NOTE:

1. Only the sports (Individual, Partner, Team), which are included in the latest Sports calendar of Association of Indian Universities, will be considered for awarding Weightage marks.
2. Candidate's merit certificates of highest level of participation / achievement will be considered to place them in any one of the above seven categories. Candidate will not be considered for more than one category for award of Weightage marks.
3. Candidate's merit certificate of highest level of participation / achievement in sports will be considered only during their study at Degree (Graduation) / Post Graduation / B.P.Ed./B.P.E, Course.
4. National level meets include National games, Senior Nationals, Junior Nationals, SouthZone Nationals.
